

## “The Truth About Caffeine”

A lot of people use it everyday. It’s in many drinks and even some foods, but it has an effect on the brain that is similar to cocaine and heroin. What is this terrible substance?

It’s caffeine, and its addictive properties — much like other addictive drugs — can create problems in the body.

According to a report in the March 1999 *Pharmacological Reviews*, people can become addicted to caffeine by consuming only 300 milligrams per day. Because the caffeine is a stimulant it also causes the body to go into a “slump” after it wears off. Common symptoms of people addicted to caffeine are “fatigue and depression, irritability, tremors, jumpiness, deprivation of deep sleep, and vascular headaches, as the blood vessels in the brain dilate.”

The report also indicates that caffeine can “manipulate dopamine production” as well as adrenaline production. These fluctuations can cause even more symptoms of caffeine addiction as the adrenaline and dopamine levels wear off, thus making the person want more and more.

By consuming too much caffeine, a person may actually counteract the benefits of the short-term alertness and energy that it provides. Caffeine may help increase energy now, but it will cause problems in the long run.

### Calculate Your Caffeine Intake

12 oz. Mountain Dew .....	55 mg.
12 oz. Coca Cola .....	34 mg.
12 oz. Diet Coke .....	45 mg.
12 oz. Pepsi.....	38 mg.
12 oz. 7-Up .....	0 mg.
5 oz. Brewed coffee .....	115 mg.
12 oz. Iced tea.....	70 mg.
1 oz. Dark chocolate .....	20 mg.
1 oz. Milk chocolate .....	6 mg.
5 oz. Cocoa beverage.....	4 mg.
8 oz. Chocolate milk beverage .....	5 mg.
1 tablet cold relief medicine .....	30 mg.

### Did you know?

No-Doze contains more caffeine than instant coffee and Mountain Dew 25% more caffeine than Coca Cola.