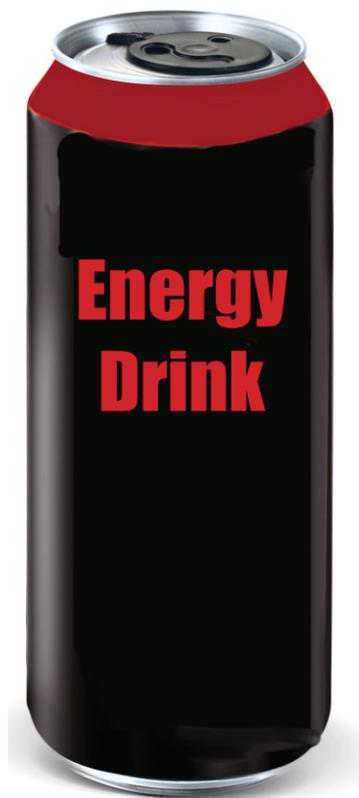


Too much caffeine? You do the math...



ENERGY PRODUCTS*

8 oz. can: 80-300 mg
16 oz. can: 160-450 mg
2 oz. shot: 200-500 mg

**These products are unregulated; caffeine content varies, and may contain other stimulants.*



COFFEE

16 oz. reg brew: 95-200 mg
16 oz. latte: 150 mg
w/double shot: 200-350 mg



CHOCOLATE

1 cup semisweet: 104 mg
9 milk chocolate kisses: 9 mg
29 choc. coffee beans: 336 mg



COLAS

12 oz: 30-50 mg
20 oz: 50-85 mg
32 oz: 80-135 mg

Heavy caffeine use (500 mg)

can negatively impact health and performance:

- *sleep interruption* • *irritability and anxiety*
- *diminished performance* • *may result in a positive drug test*

**Sustained energy comes from
food, hydration, rest and recovery!**

