THE DAILY GRIND

74.1% of Division I Student Athletes do not use energy boosters (i.e., Energy drinks/shots.)

Caffeine is a BANNED substance by the NCAA. A urinary caffeine concentration of 500mg (equivalent to 2.5-5 cups of brewed coffee 2-3 hours before competition) results in a positive drug test.

Combining the following substances with caffeine can magnify adverse side effects and lead to strokes, diabetes, weight gain, and even death.
- Stimulants (medication)
- Alcohol
- Sugar

Sources
1 Caffeine content of food and drugs. (n.d.). Center for science and the public interest.