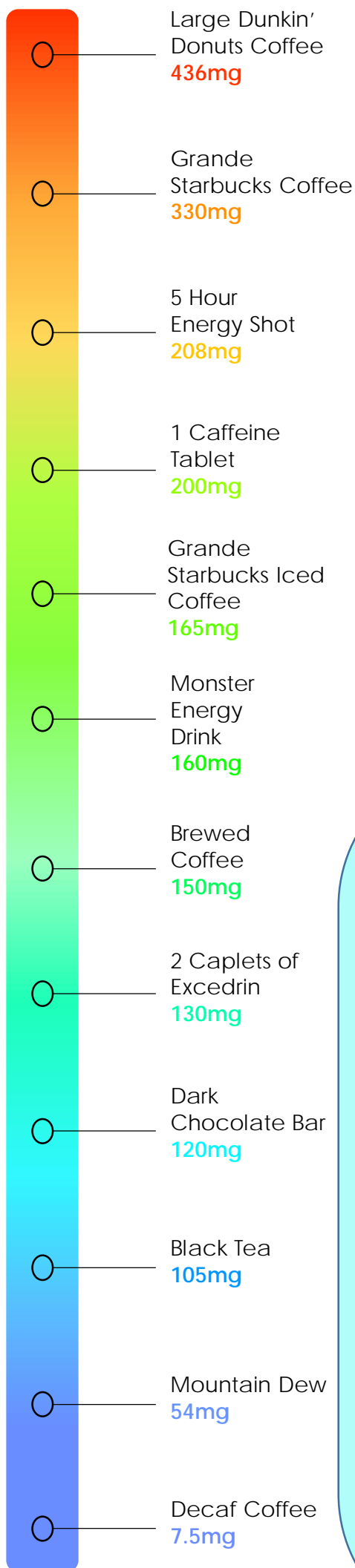




# THE DAILY GRIND



**74.1%** of Division I Student Athletes do not use energy boosters (ie. Energy drinks/shots.)<sup>3</sup>

 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.<sup>4</sup>

 Combining the following substances with caffeine can magnify adverse side effects and lead to strokes, diabetes, weight gain, and even death.<sup>4</sup>

- Stimulants (medication)<sup>4</sup>
- Alcohol<sup>6</sup>
- Sugar<sup>6</sup>

**Headache:** 72% of caffeine users report headaches and fatigue upon withdrawal.<sup>5</sup>

**Anxiety:** Doses as low as 200mg/day can provoke severe anxiety and panic attacks.<sup>5</sup>

**Impaired concentration:** Research shows that as caffeine intake increases, GPAs decrease.<sup>5</sup>

**Irregular heartbeat:** Caffeine hastens heartbeat and boosts blood pressure, aggravating preexisting heart conditions.<sup>5</sup>

**Mood changes:** Caffeine impairs your ability to regulate emotions and can worsen depression.<sup>5</sup>

**Nausea:** Caffeine withdrawal causes nausea and vomiting.<sup>5</sup>

**Increased urination & diarrhea:** Overstimulation (300-600mg) impacts training, sleep, and performance.<sup>4</sup>

**Bone Degeneration:** Caffeine interferes with calcium levels and contributes to bone density loss and injuries.<sup>5</sup>

**Jitters:** Overstimulation (300-600mg) impacts training, sleep, and performance.<sup>4</sup>

## Want to know more?

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### Sources

- <sup>1</sup>Caffeine content of food and drugs. (n.d). *Center for science and the public interest.*
- <sup>2</sup>Caffeine: How much is too much?. (2014, April 14). *Mayo Clinic.*
- <sup>3</sup>National Collegiate Athletic Association. (2013). *NCAA national study of substance use habits of college student-athletes* [Online Data File].
- <sup>4</sup>CPSDA & NCAA Sports Science Institute. (2014). *Caffeine and athletic performance.*
- <sup>5</sup>Pietrangolo, A. (2014, October 22). The effects of caffeine on the body. *Healthline.*
- <sup>6</sup>Fact sheets-caffeine and alcohol. (2015, November 12). *Centers For Disease Control and Prevention.*

