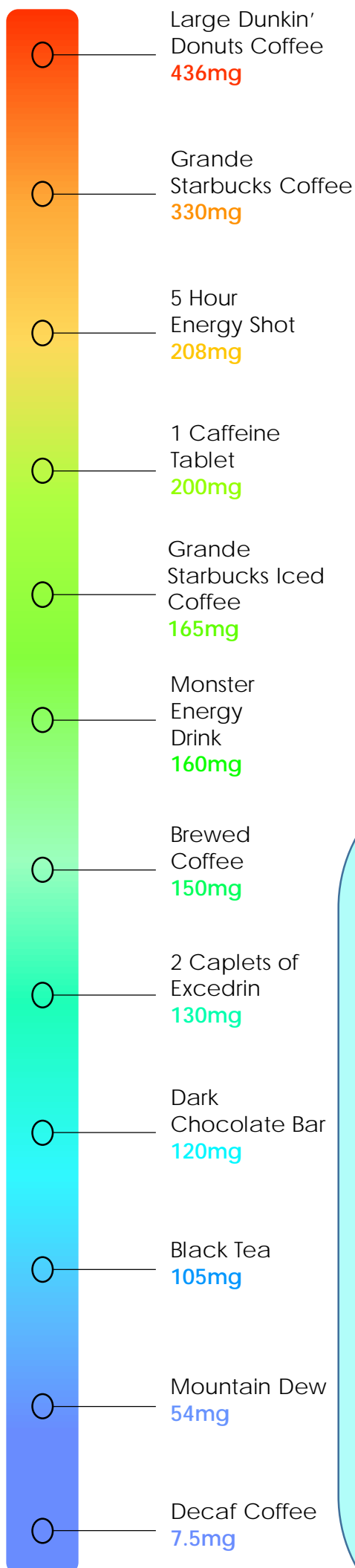




THE DAILY GRIND



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

 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.⁴

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

- Stimulants (medication)⁴
- Alcohol⁶
- Sugar⁶

Headache: 72% of caffeine users report headaches and fatigue upon withdrawal.⁵

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

Impaired concentration: Research shows that as caffeine intake increases, GPAs decrease.⁵

Irregular heartbeat: Caffeine hastens heartbeat and boosts blood pressure, aggravating preexisting heart conditions.⁵

Mood changes: Caffeine impairs your ability to regulate emotions and can worsen depression.⁵

Nausea: Caffeine withdrawal causes nausea and vomiting.⁵

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

Bone Degeneration: Caffeine interferes with calcium levels and contributes to bone density loss and injuries.⁵

Jitters: Overstimulation (300-600mg) impacts training, sleep, and performance.⁴

Want to know more?

See the UVA Sports Nutritionists:

Randy Bird
rlb6ea, 243-1148

Kelly Rossi
kar7k, 982-5691

Brooke Pearson
bhh5s, 924-8268

Created by: Haley Durmer, UVA Swimming '16
Designed by: Megan Brew, UVA 2017

Sources

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

