



Caffeine Awareness

Don't Mix! Caffeine (stimulant) + Alcohol (depressant) = Danger

According to the Centers for Disease Control and Prevention (CDC), mixing caffeine with alcohol can lead to an increase in alcohol related harm.

Caffeine is not a substitute for sleep.

The Food and Drug Administration (FDA) considers no more than 400 mg of caffeine a day as safe for healthy adults. Signs of too much caffeine include: insomnia, anxiousness, upset stomach, nausea, increased heart rate and headaches.



400mg roughly = 4 cups of brewed coffee

Poison Centers are a resource.

Save the Poison Help phone number into your cell phone.

If you have questions or suspect you may have misused caffeine or other potentially harmful substances, immediately call **1-800-222-1222**.