Table 1

Summary of outcome measures investigated.

Outcome	Impact of caffeine	Comments
Cognitive effects		More effective in withdrawn and fatigued individuals
Neurological disorders		More pronounced benefits in women
Pain relief		Works along with other pain relievers to improve their effectiveness
Cardiovascular function		Dose-dependent effects on BP and HR. Harmful in cardiac patients
Vascular system		Caffeine causes vasoconstriction. Can increase risk for myocardial ischemia
Reproductive effects		High caffeine increases risk of miscarriage
Congenital anomalies		No clear association with caffeine
Birth weight		Negative correlation between caffeine intake and birth weight
Lactation		Could increase fussiness and impair sleep in infants
Behavioral disorders in children		Energy drink consumption is positively associated with negative behavioral outcomes
Sleep disturbance		Caffeine disrupts sleep in all populations studied
Death		Rare
Cancer		No clear association, but few studies
Unstable bladder		Primarily in women with preexisting bladder symptoms
Drug Interactions		Potential negative interactions with many medications
Hydration and diuresis		No clear relationship