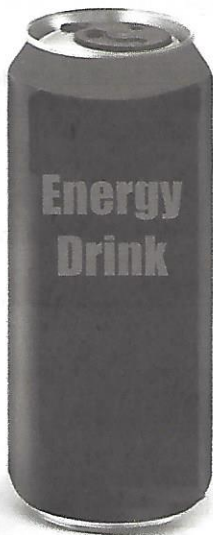


Too much caffeine? You do the math...



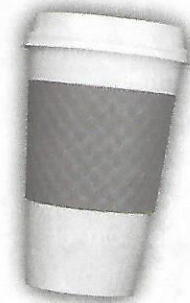
ENERGY PRODUCTS*

8 oz. can: 80-300 mg

16 oz. can: 160-450 mg

2 oz. shot: 200-500 mg

*These products are unregulated;
caffeine content varies, and may
contain other stimulants.



COFFEE

16 oz. reg brew: 95-200 mg

16 oz. latte: 150 mg

w/double shot: 200-350 mg

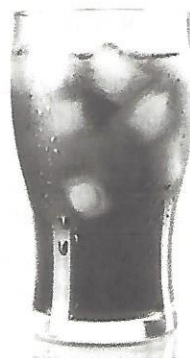


CHOCOLATE

1 cup semisweet: 104 mg

9 milk chocolate kisses: 9 mg

29 choc. coffee beans: 336 mg



COLAS

12 oz: 30-50 mg

20 oz: 50-85 mg

32 oz: 80-135 mg

Heavy caffeine use (500 mg)

can negatively impact health and performance:

- *sleep interruption*
- *irritability and anxiety*
- *diminished performance*
- *may result in a positive drug test*

Sustained energy comes from food, hydration, rest and recovery!

