



NEW PRODUCTS = NEW DANGERS

In the last few years, a variety of new and dangerous caffeinated products have found their way onto the market, including caffeinated gum, mints, and dissolvable sheets. Currently, nutrition panels don't have to reveal the amount of caffeine in a product because caffeine is not a nutrient as required by the Food & Drug Administration (FDA).

Tiny amounts of pure caffeine powder can be lethal. "These products may carry minimal or insufficient labeling, and consumers may not be aware that small amounts can cause an overdose," according to the FDA. "The difference between a safe amount and a lethal dose of caffeine in these powdered products is very small... safe quantities of these products can be nearly impossible to measure with common kitchen measuring tools" such as teaspoons.

One teaspoon of pure caffeine is the equivalent of about 25 cups of coffee.

UNREGULATED & EASY TO BUY

Energy drinks have come under scrutiny after a number of deaths were linked to overconsumption. The FDA has warned that caffeine powder is more potent and poses an even greater threat than energy drinks.

Caffeine powder is sold in bulk on the Internet and at lower prices than other caffeinated products. The cost of 100,000 milligrams of caffeine powder is \$10 online. That's the equivalent of more than 1,000 Red Bulls' worth of caffeine in one package.

A LETHAL BOOST

The allure of a legal, cheap stimulant may be particularly attractive to those who want to boost their athletic performance and improve their mood. College students use caffeine powder to stay awake during late-night study sessions. Caffeine powder is often taken before a workout or practice, or taken at parties to combat the depressant effects of alcohol and marijuana.



FOR MORE INFORMATION

Go to www.intheknowzone.com for more information on substance abuse. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.

**Don't stay in the dark.
Get In the Know!**

in the know

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P.O. Box 6986 Metairie, LA 70009 • 877-329-0578
www.ESPublish.com • product #PB-DA248
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CAFFEINE POWDER

deadly rush





In May of 2014, Logan Stiner, an 18-year-old star high school wrestler from LaGrange, Ohio, died from a caffeine powder overdose. His death prompted the FDA to issue a warning that consumers should avoid using pure powdered caffeine products because they can be dangerous and deadly.

WHAT IS CAFFEINE POWDER?

Powdered caffeine products are essentially 100 percent caffeine. One teaspoon of pure caffeine is the equivalent of about 25 cups of coffee.

Caffeine occurs naturally in more than 60 plants, including coffee beans, tea leaves, and cacao. Man-made caffeine is also added to energy drinks and sold as powdered or capsule supplements.

Caffeine is an addictive drug. Like any addictive substance, you can get used to consuming certain amounts of it and you may experience withdrawal when you stop using. Too much caffeine can cause a lethal overdose.

Caffeine powder can be used to add a caffeine spike to any liquid and even food items, but it's easy to mistakenly use too much powder.

Consumers should be aware of the potentially high potency of caffeine powder products, which raise the risk of a deadly caffeine overdose.

JUST A LITTLE TOO MUCH

Mixing two regular spoonfuls of caffeine powder into a drink is the same as drinking 70 Red Bulls at once, which could kill you.

Experts agree that you should avoid having more than 600 milligrams of caffeine in one day. One 16 oz. grande Starbucks coffee has about 330 milligrams of caffeine. A 12 oz. Diet Coke has 45 milligrams.

A lethal dose of caffeine could be as low as 3 grams for children or someone with a heart condition, or 5 to 10 grams for someone in normal health. Under normal circumstances, you would have to drink at least 50 cups of coffee in a short amount of time to ingest this amount of caffeine, but since one teaspoon of caffeine powder is equal to about 25 cups of coffee, a lethal overdose becomes very possible.



Confusing caffeine powder with instant coffee could be a deadly mistake. Instant coffee is regulated by the FDA and typically contains less caffeine than regular drip coffee. There are 74 milligrams of caffeine in one teaspoon of Folger's Instant Coffee, compared to more than 3,000 milligrams in one teaspoon of caffeine powder.

BIG HEALTH RISKS

Caffeine affects everyone differently. The effects of caffeine depend on your gender, age, and health condition.

People with pre-existing heart conditions should not use powdered caffeine products.

CAFFEINE OVERDOSE

A caffeine overdose can lead to heart problems and seizures. 5,000 to 10,000 milligrams of caffeine is considered lethal. 5,000 milligrams could be measured out as just one teaspoon.

SYMPTOMS OF A CAFFEINE OVERDOSE

- Rapid heartbeat
- Erratic heartbeat
- Seizure
- Vomiting
- Diarrhea
- Stupor
- Breathing trouble
- Confusion
- Convulsions
- Hallucinations
- Muscle twitching

Caffeine causes the body to release a burst of adrenaline. Caffeine works to



block a key enzyme that modulates the effect of adrenaline on the heart, so caffeine powder really is a heart attack waiting to happen.

Symptoms of a caffeine powder overdose are likely to be much more severe than those resulting from drinking too much coffee, tea or other caffeinated beverages.

If you believe that you are having an adverse reaction to caffeine, stop using it and seek medical care immediately by calling 9-1-1, or contact a poison control center by calling 1-800-222-1222.

DON'T GET BUZZED BY CAFFEINE POWDER

Caffeine powder is a highly-concentrated and potentially deadly substance. No morning buzz or evening boost is worth the risk of dying over! Use caffeinated beverages responsibly. Caffeine powder is dangerous and not worth the risk.

STAY AWAY FROM CAFFEINE POWDER!

small doses, big risks

deadly buzz

measure the consequences