CAFFEINE & PERFORMANCE

If needed, you can use caffeine to boost your mental & physical performance in certain situations. If you’re going to use it, here’s how:

HOW MUCH IS 200 MG OF CAFFEINE?
(SERVING SIZE • AVERAGE AMOUNT OF CAFFEINE IN ONE SERVING)

- BREWED COFFEE (8 FL OZ/1 CUP • 95 MG)
- INSTANT COFFEE (1 TSP • 31 MG)
- ESPRESSO (1 FL OZ/ONE “SHOT” • 63 MG)
- BREWED GREEN TEA (8 FL OZ/1 CUP • 28 MG)
- BREWED BLACK TEA (8 FL OZ/1 CUP • 47 MG)
- COLA (12 FL OZ/1 CAN • 33 MG)
- CITRUS-FLAVORED SODA (12 FL OZ/1 CAN • 53 MG)
- ENERGY DRINKS (16 FL OZ/1 CAN • 160 MG)

RATION ITEMS

- COFFEE (FREEZE DRIED) (1 PACKAGE • 80–100 MG)
- MOCHA FIRST STRIKE BAR (MINI) (1 BAR • 110 MG)
- CAFFEINATED CHOCOLATE PUDDING (1 CONTAINER • 200 MG)
- CAFFEINATED GUM OR MINTS (1 PIECE • 100 MG)

DIETARY SUPPLEMENTS

Caffeine content varies. Check the product label for the amount of caffeine in each serving, IF AVAILABLE. Also look for other sources/names of caffeine, such as yerba maté, green tea, cacao, kola nut, guarana, caffeine anhydrous, and trimethylxanthine.

CAFFEINE TIPS

- Avoid consuming caffeine 4–6 hours before bedtime.
- Do not exceed 800 MG caffeine per day.
- Consider ALL sources of caffeine in your diet, including foods, beverages, and dietary supplements (not limited to the items listed above).