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.

USE UP TO 200 MG AS FOLLOWS:

ENDURANCE PERFORMANCE

more than 60 minutes of continuous activity 30–60 minutes before activity.

MENTAL PEFORMANCE

15–30 minutes before task.

RESTRICTED SLEEP

less than 6 hours of sleep in 24 hours

1 dose on awaking.

Re-dose every 3–4 hours only as needed.

NIGHT SHIFTS WITH DAYTIME SLEEP

30–60 minutes before start of shift.

Re-dose every 3–4 hours only if needed.

SUSTAINED OPERATIONS

no sleep in 24 hours

1st dose at midnight Re-dose every 3–4 hours only as needed.

Use during daytime hours only if needed.

CAFFEINE TIPS:

- Avoid consuming caffeine 4–6 hours before bedtime.
- Do not exceed 600 mg caffeine per 24 hours (800 mg for sustained operations).
- Consider ALL sources of caffeine in your diet, including foods, beverages, and dietary supplements (not limited to the items listed above).
- Caffeine can temporarily improve performance. It is not a substitute for sleep.

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)

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.

RATIONS

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
(1 piece • 100 mg)

CAFFEINATED MINTS
(1 piece • 100 mg)