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 PERFORMANCE
• 15–30 minutes before task.

RESTRICTED SLEEP (less than 6 hours of sleep in 24 hours)
• 1 dose on waking.
• Re-dose every 3–4 hours only if 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 on the next page).
• 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)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Caffeine Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brewed coffee</td>
<td>8 fl oz/1 cup</td>
<td>95 mg</td>
</tr>
<tr>
<td>Instant coffee</td>
<td>1 tsp</td>
<td>31 mg</td>
</tr>
<tr>
<td>Espresso</td>
<td>1 fl oz/1 “shot”</td>
<td>63 mg</td>
</tr>
<tr>
<td>Brewed green tea</td>
<td>8 fl oz/1 cup</td>
<td>28 mg</td>
</tr>
<tr>
<td>Brewed black tea</td>
<td>8 fl oz/1 cup</td>
<td>47 mg</td>
</tr>
<tr>
<td>Cola</td>
<td>12 fl oz/1 can</td>
<td>33 mg</td>
</tr>
<tr>
<td>Citrus-flavored soda</td>
<td>12 fl oz/1 can</td>
<td>53 mg</td>
</tr>
<tr>
<td>Energy drinks</td>
<td>16 fl oz/1 can</td>
<td>160 mg</td>
</tr>
</tbody>
</table>

**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 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 or names of caffeine, such as yerba maté, green tea, cacao, kola nut, guarana, caffeine anhydrous, and trimethylxanthine.