

Caffeine

Currently the [HMMS Student Handbook](#) (page 10) does indicate that students should not be ingesting sodas or energy drinks at school.

The American Academy of Pediatrics suggests that children under age 12 should not consume any food or beverages with caffeine. For adolescents 12 and older, caffeine intake should be limited to no more than 100 mg daily. This is the amount in two or three 12-ounce cans of cola soda.

Here is some sound information about caffeine:

<https://nutritionsource.hsph.harvard.edu/caffeine/>

If you want info on what scientific studies are saying, check this article out:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8467199/>

Caffeine may not be on the

energy that strikes back.

CONSUME RESPONSIBLY—LIMIT 3 BOTTLES PER DAY. NOT RECOMMENDED FOR CHILDREN, PREGNANT WOMEN OR PEOPLE SENSITIVE TO CAFFEINE.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

VENOM, MOJAVE RATTLER AND PIERCING ENERGY THAT STRIKES BACK ARE TRADEMARKS OF DR PEPPER/SEVEN UP, INC. ©2008 DR PEPPER/SEVEN UP, INC.

CONSUMER COMMENTS? 1-866-228-3666



"a dose above 300 mg at once can cause caffeine intoxication, the symptoms of which are mainly related to its stimulating effect. The most common ones are:

- restlessness,
- nervousness,
- excitement,
- insomnia,
- facial flushing,
- increased urination,
- gastrointestinal disorders,
- muscle tremors,
- chaotic flow of thoughts and speech,
- irritability,
- arrhythmia,
- tachycardia, and
- psychomotor agitation.

The severity of the undesirable effects of caffeine consumption is dose dependent. **The threshold of caffeine toxicity appears to be about 400mg/day in healthy adults (19 years or older), 100mg/day in healthy adolescents (12–18 years old), and 2.5mg/kg/day in healthy children (less than 12years old)"**

Monster energy drink has 150mg (about 5 cups of coffee)

Click here to learn more about this issue: [The Youth Energy Drink Crisis](#)