

Grounds for caution:

A quick guide to coffee and energy drinks



Read the label of energy drinks

- Caffeine content varies by brand and can size
- Often more caffeine per volume than coffee
- Frequently high in sugar, like sweetened coffee and soft drinks
- May contain extra stimulants such as taurine that are less well studied

Daily limit



- Up to 400mg a day (about 4 cups of coffee) is generally safe
- Energy-drink caffeine counts towards your total
- People respond differently due to genes and biology
- Drinking caffeine late can disrupt sleep – try a noon cut-off

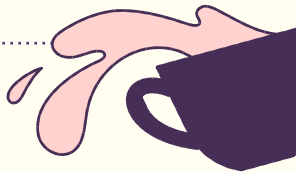
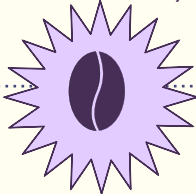
Caffeine's effects

- Can boost alertness, benefit the liver, reduce diabetes and Alzheimer's risk
- Can raise heart rate and blood pressure, and trigger palpitations
- Acts as a diuretic, may cause dehydration, speeds up bowel movements
- Excessive, long-term intake may strain the body



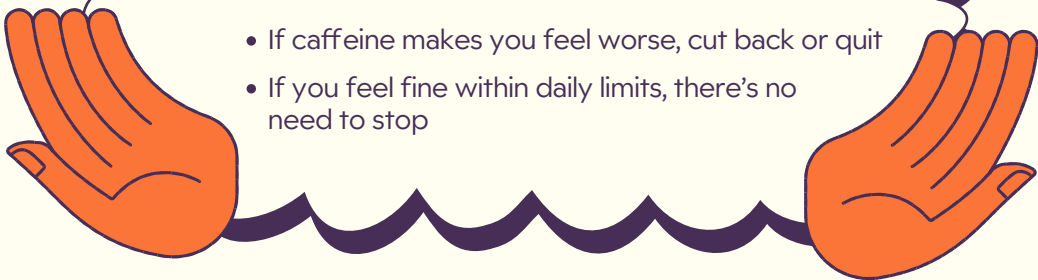
When to cut back

- If you feel unwell after 1-2 drinks, notice palpitations or sleep poorly
- Reduce intake or set an afternoon cut-off
- Swap out for a 15-minute nap



Listen to your body

- If caffeine makes you feel worse, cut back or quit
- If you feel fine within daily limits, there's no need to stop



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