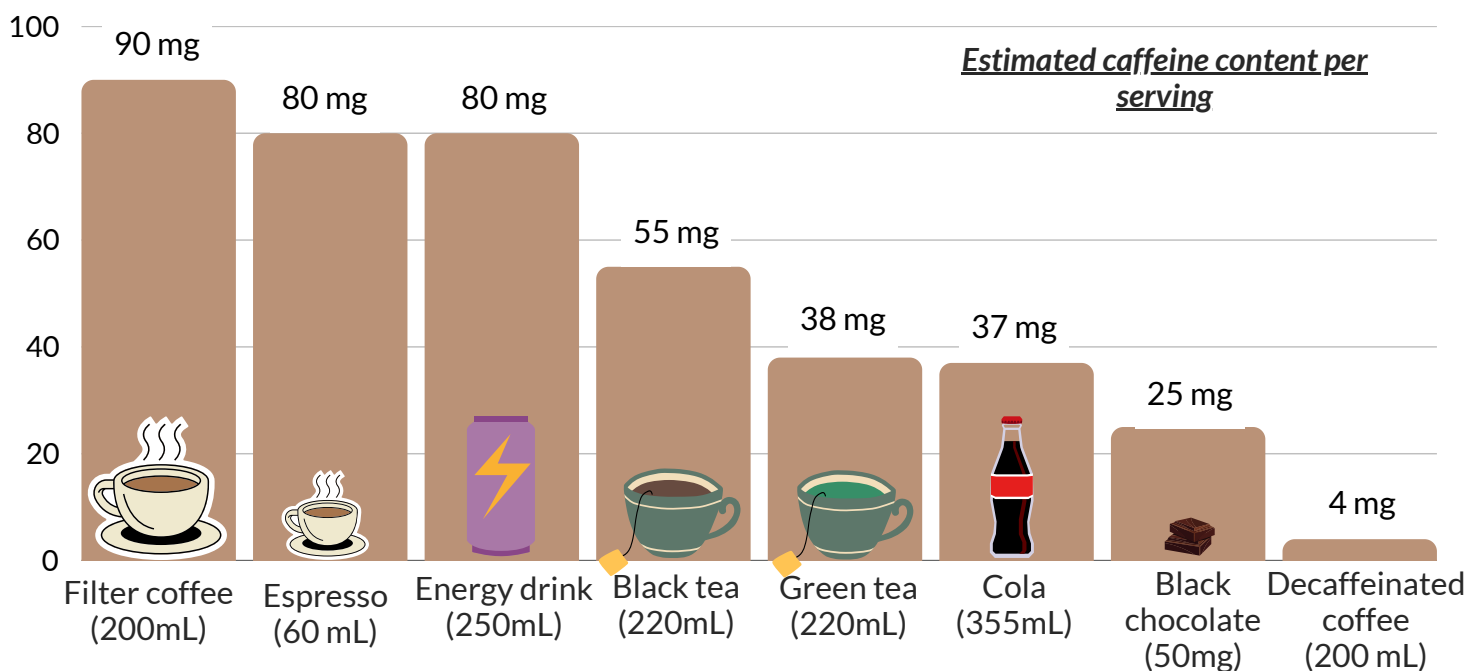


CAFFEINE

Document produced as part of the partnership between: BNP Paribas Cardif and CHU Rouen-Normandie
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Caffeine is the **most widely consumed stimulant in the world**. It is mainly found in **coffee and tea**, but it also hides in other food products such as **energy drinks, sodas, chocolate, coffee-flavored items**, and even **chewing gum**. As it is present in many everyday foods, it's only natural that caffeine piques our curiosity and raises questions about its effects. In this newsletter, we invite you to further explore the world of caffeine and discover some fun facts about it on the last page.



These values are provided for reference only and may vary.



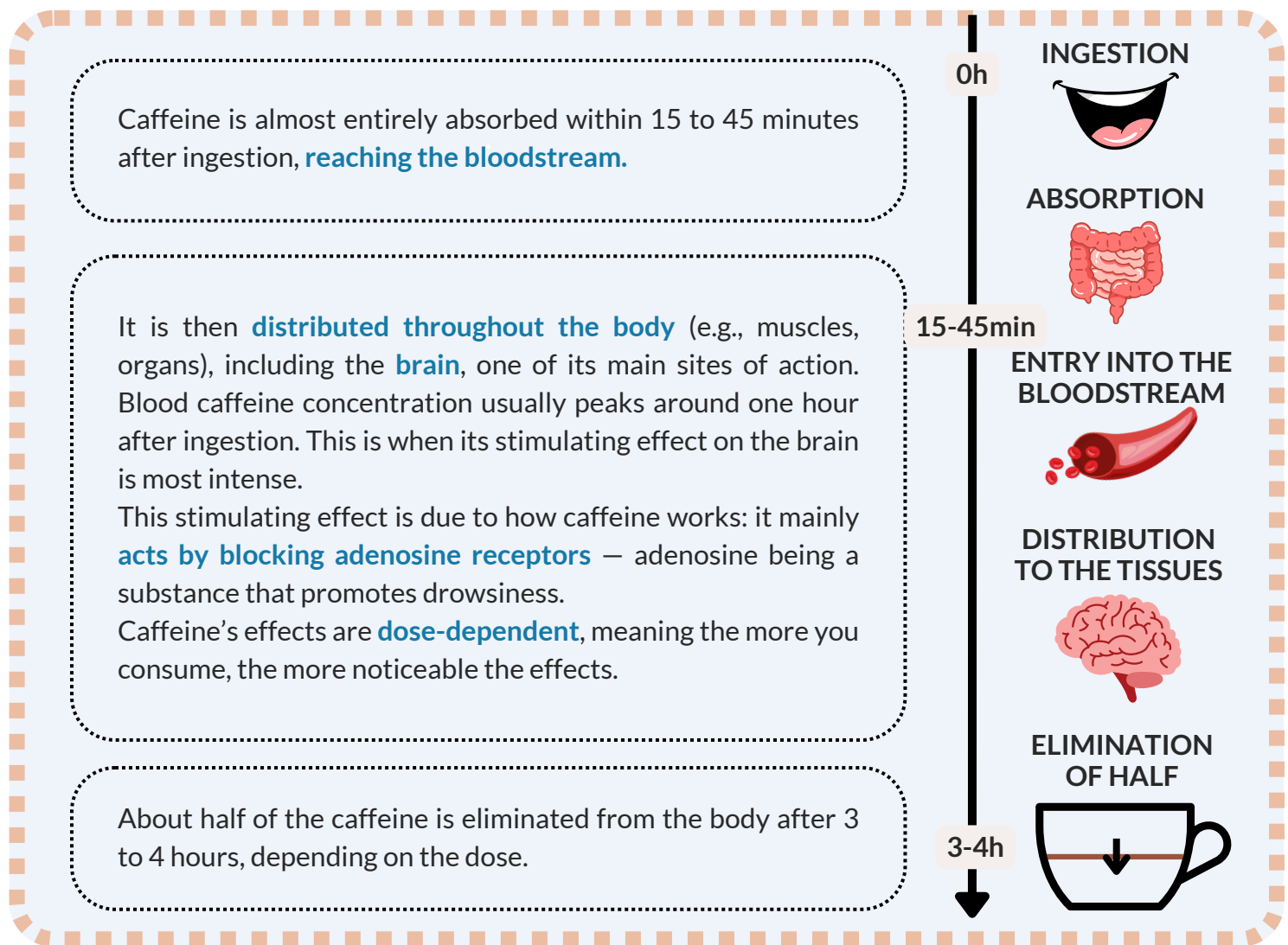
Did you know ?

Theine and caffeine are actually the **same molecule**! Historically, a distinction was made because the two compounds were **isolated from different plants**. Since then, scientists have discovered they are chemically identical.

The **amount of caffeine in a cup of tea or coffee can vary** depending on the variety of tea/coffee, but also the preparation method:

- steeping time
- equipment used
- water temperature for tea
- amount of leaves/beans used

What happens after caffeine ingestion ?



The above-mentioned durations are averages and can actually vary:

- **Caffeine is absorbed more slowly if consumed during a meal.**
- The **duration of caffeine's effects** also varies depending on the individual and their clinical condition (e.g., illnesses, pregnancy, etc.).
- The **rate of caffeine elimination** can depend on many factors: smoking, age, dietary habits, or the simultaneous use of certain medications.

Common misconceptions



"Caffeine dehydrates" – FALSE

Although caffeine has diuretic effects (substance that increases urine production), moderate consumption of coffee or tea **does not lead to significant dehydration and actually contributes to overall hydration**.



"Caffeine causes addiction" – PARTIALLY FALSE

Caffeine can lead to use-related disorders, but it is **not officially recognized as an addictive substance by the WHO or the American Psychiatric Association**. However, caffeine withdrawal is well documented, with clearly described symptoms such as headaches.

Consumption Recommendations



Healthy adults:
Max 400 mg/day
(~4 cups of coffee)



Pregnant/breastfeeding women:
Max 200 mg/day
(~2 cups of coffee)



Children/teenagers:
Max 3 mg / kg of body weight / day
(~1.5 cups of coffee for a 50 kg teenager)

Don't forget to add up all sources of caffeine (soda, chocolate, etc.).
Also, be mindful of the amount of sugar added to your drinks.

Avoid combining:



Sports and caffeine

Both coffee and physical activity increase blood pressure, which can lead to a higher risk of tachycardia.



Alcohol and caffeine

Coffee can mask the effects of alcohol, potentially encouraging risky behaviors.

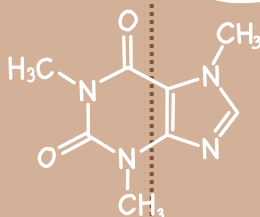
Effects of caffeine consumption

Caffeine has different effects depending on the amount consumed:

Consumption within recommended limits

Improves attention, alertness*, and reaction time

Reduces memory loss in regular users



CAFFEINE

Sleep disturbance (duration and quality) up to 9 hours after caffeine consumption

Consumption exceeding recommendations

Confusion, nervousness, anxiety, difficulty concentrating

Increased risk of heart disease

Potential growth delay in the fetus

Gastrointestinal issues

*Attention: ability to focus on a specific task

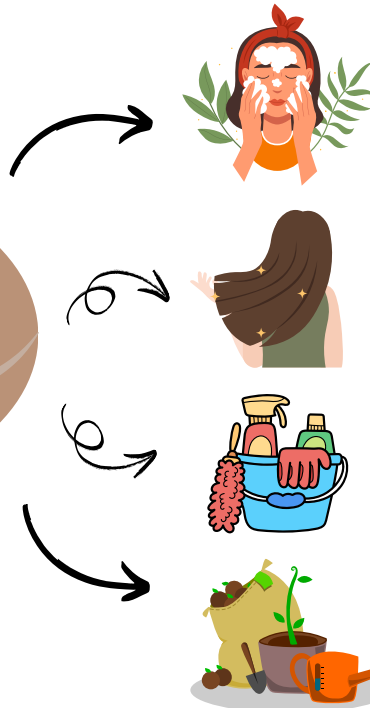
Alertness: ability to stay awake and perform a task over a long period

Conclusion

When consumed in moderation, caffeine can offer certain short-term benefits. However, in excess, it can quickly cause side effects and negatively impact health and quality of life.

To enjoy its benefits, remember: moderation is key!

SURPRISING USES OF COFFEE



Skin: Caffeine is used in some cosmetic creams, and ground coffee can be used as a natural exfoliant.

Hair: Some hair products contain caffeine (e.g., anti-hair loss treatments).

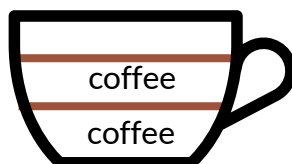
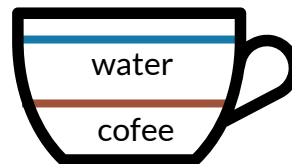
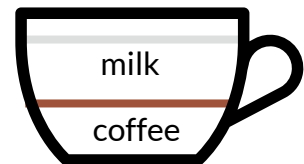
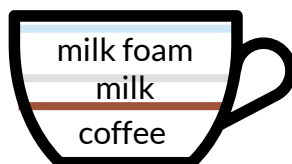
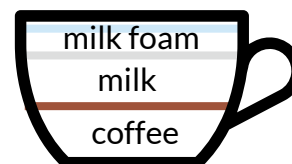
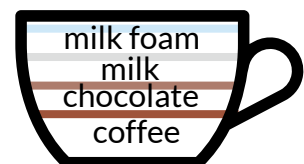
Cleaning: Used coffee grounds can help neutralize certain odors, such as in the refrigerator.

Gardening: Coffee grounds are sometimes used as a fertilizer or natural repellent.

Coffee Preparation: A True Art



Some Popular Coffee Types

EspressoDoble espressoAmericanoCafé au laitMacchiatoCapuccinoLatteMocca

Latte art

Different coffee types can be beautifully enhanced with decorative patterns on the surface, giving rise to what we call **latte art**.



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