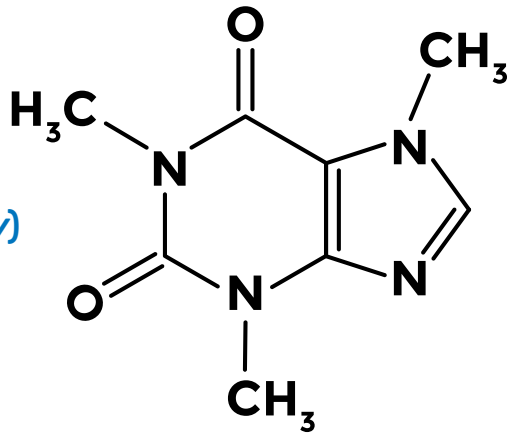
CAFFEINE & PERFORMANCE

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)

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)

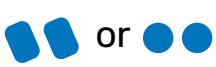
RATIONS

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.