

Caffeine

Caffeine is a central nervous system stimulant, that speeds up the actions of the body and brain. It is found in many common and everyday food products such as tea, coffee, chocolate, cola and energy drinks.

Important: Guarana is a common additive to food and drinks, especially energy drinks. Guarana is a caffeine-containing extract from a South American plant. Therefore, any product that contains guarana also contains caffeine. For more information, read The Buzz on Energy Drinks fact sheet.

Product Caffeine Content

Caffeine content can vary significantly between different products. The adjacent table should be used as a guide only.

Caffeine content is based on a 250ml cup or 375ml can and 100g bar.

Side Effects

Common side effects of caffeine use include headaches, sleeping difficulties, increased need to urinate, dehydration and increased heart rate and blood pressure.

As a stimulant, caffeine also effects the body's ability to regulate temperature. This puts the athlete at greater risk of suffering heat illness.

Some people are especially sensitive to caffeine, showing symptoms such as tremors, sleep disturbances and stomach upsets following even small doses of caffeine. The following people should avoid high caffeine intake:

- Young children
- Caffeine-sensitive people
- People with heart disease
- Pregnant women (especially in the first 3 months of pregnancy).

Status in Sport

Caffeine is not classified as a prohibited stimulant under the World Anti-Doping Code 2018 Prohibited List, unless otherwise specified as such by particular sports.

Check the anti-doping rules of the relevant sports federation to confirm the status of caffeine in a specific sport.

However, caffeine is listed on the 2018 Monitoring Program In-Competition only.

This means that laboratories will periodically report to World Anti-Doping Agency (WADA) all instances of detected presence and reported use as an aggregate by sport. The laboratories will also report whether the samples were collected in or out of competition.

Food	Caffeine Content
Percolated coffee	60 - 120 mg/250mL cup
Energy drinks	80 mg/250mL can
Instant coffee	60 - 80 mg/250mL cup
Tea	10 - 50 mg/250mL cup
Coca Cola	48.75 mg/375mL per can
Milk Chocolate	20 mg/100g per bar

Information sourced from the Food Standards Australia New Zealand (FSANZ) website 2017.