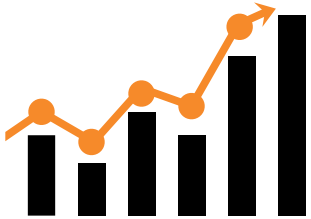


# DID YOU KNOW?

## CAFFEINE

### PERFORMANCE IMPACT



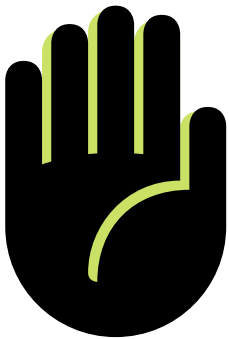
Stimulate CNS - muscle signaling and contraction  
Improve cognitive function during strenuous training  
May increase power output, sprint, and jump performance  
May decrease RPE during intense exercise

### LONG TERM IMPACT



May enhance fat breakdown and utilization  
Increase alertness and attention and reduce fatigue  
Regular intake may reduce risk of CVD and T2DM  
Mild/acute increase in metabolic rate

### DOSE AND USE PROTOCOL



Dependent on individuals tolerance and mass

Consume 3-6 mg/kg BW (~200-300 mg caffeine)  
Take 30 - 60 min. prior to exercise

To maintain peak blood levels of caffeine:  
Consume 100-400 mg. every 4 hours

### CAUTION



Addictive - ceasing consumption may lead to mild withdrawal  
Too much can lead to anxiety, weakness, restlessness, insomnia

**NCAA BANNED - Blood level > 15 mcg/ml**  
**NCAA IMPERMISSIBLE - supplements or food with added caffeine**  
**caffeine found in various ingredients/food/supplements**