

Hello CCHS students and parents/guardians,

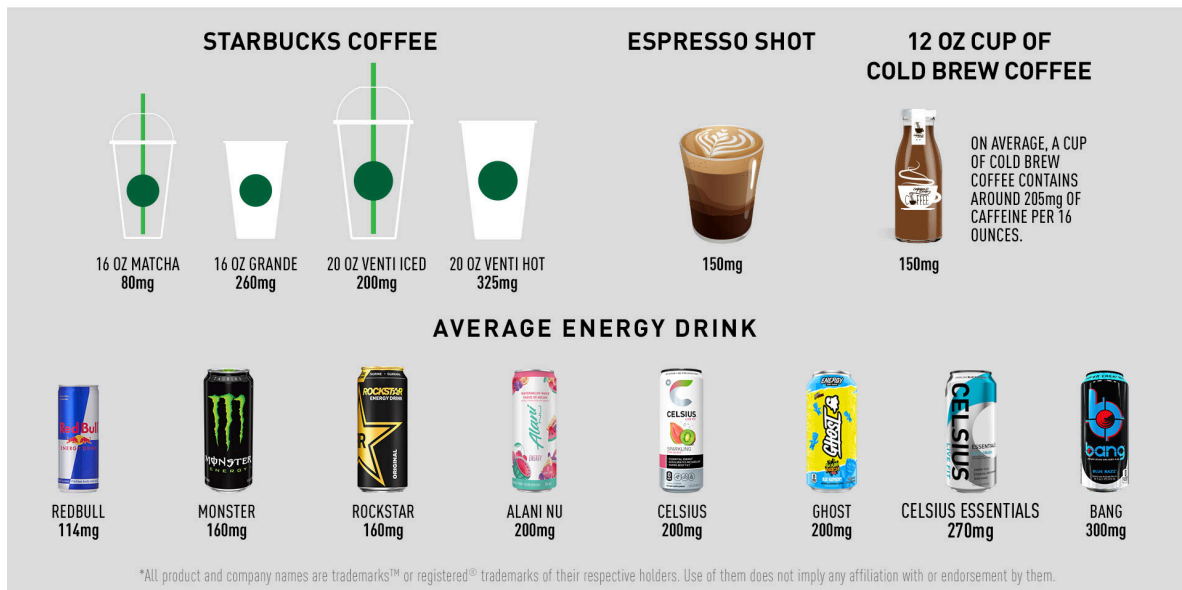
My name is Kyle Krizan and I am the athletic trainer and biology teacher at Columbus Catholic High School. Many of you may know me because your children are in one of my classes or you may have seen me at various athletic events. Over the course of this year I have noticed that many of our students are drinking large quantities of caffeine throughout the school day. It has been common for me to see my students drinking multiple energy drinks on a daily basis or for me to hear about them doing so (some students report as much as 700-900 mgs in a day). On multiple occasions I have talked with students/athletes who are feeling unwell due to the amount of caffeine they consumed that day. Out of concern for the health of these children I have put together a fact sheet to help you know more about this issue that has become so prevalent in our culture. I have talked with the freshmen class this year about the negative effects of excessive caffeine consumption and would like to pass the information along to you.

**It should also be noted that the WIAA has listed caffeine enhanced products as “discouraged” for consumption. Here is their statement regarding [\*Performance-Enhancing and Banned Substances\*](#).**

I hope that the information below is useful in helping all children not only make healthy decisions, but also flourish in all that they do. I am happy to answer any questions that you may have about this topic or any other. Please feel free to email me at [krizan.kyle@columbusdons.org](mailto:krizan.kyle@columbusdons.org) or talk to me at an athletic event. May God bless you and the entire CCS family!

- **What is caffeine?**
  - A drug that stimulates the brain and nervous system
- **How much is safe in a day?**
  - Age 4-6: 45 mgs (about a half cup of coffee)
  - Age 7-9: 62.5 mgs
  - Age 10-12: 85 mgs
  - Adolescents (12-19): 100 mgs
- **How much caffeine is in common drinks? (Daily recommended limit for teenagers is 100 mgs per day)**
  - 8 oz coffee: 96 mgs
  - 12 oz Coca-Cola: 34 mgs
  - 12 oz can Mountain Dew: 54 mgs
  - Bubbl'r: 69 mgs
  - Alani: 200 mgs
  - Celsius: 200 mgs
  - C4: 200 mgs
  - Pre-workout mix: 150-300 mgs

## CAFFEINE COMPARISON\*



- **What happens when I drink too much caffeine? (The following are common with chronic excessive caffeine consumption)**
  - Increased anxiety
  - Insomnia
  - Rapid heart rate
  - High blood pressure
  - Digestive issues
  - Fatigue
  - Frequent urination
  - Muscle breakdown (rhabdomyolysis) that can lead to kidney failure
  - Addiction
- **What are some alternatives to caffeine?**
  - Water (tiredness might be because you are dehydrated)
    - It is suggested that most people drink  $\frac{1}{2}$  of their body weight in ounces per day (athletes should supplement more during practice and games)
  - Nutrient dense foods (fruits, veggies, etc.)
  - Physical activity
  - Vitamin D (sunlight)
  - Stress management
  - Good sleep (8-10 hours per night for adolescents)
  - Reduce screen time (especially 1 hour before bedtime)

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