

# CAFFEINE

## ESTABLISHED PERFORMANCE SUPPLEMENT



### Performance impact

Potentially interesting for sprints, sustained sprints, middle & long distance running, jumps & throws and multi-events.



### Dosage

Lower doses (3 mg/kg of body mass consumed ~200mg), provided both before & during exercise.

Moderate doses of 3-6mg/kg of body mass consumed ~60 min prior to exercise.



### Potential side effects

Large caffeine doses ( $\geq 9$ mg/kg of body mass) do not appear to increase the performance benefit, and are more likely to increase the risk of negative side effects: nausea, anxiety, insomnia, restlessness and tachycardia.



### Individualisation

Should be tested in training prior to competition use.

Take into account the athlete's personal history of reactions to caffeine intake in "everyday life".



### Forms

Can be administered in the form of pill, powder, chewing gum and caffeinated coffee.