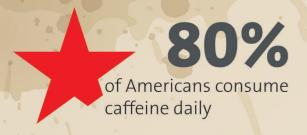
HEALTH EFFECTS OF

## CAFFEINE

Caffeine stimulates the central nervous system, which includes the brain, spinal cord, and nerves throughout the body. Its main effect is that it can make an individual feel more awake or alert, but it also does much more. Caffeine can make an individual jittery or shaky, increase a heart rate, elevate blood pressure, create uneven heart rhythms, cause headaches and dizziness, and dehydrate a person.





1.6 Billion cups of coffee consumed across the globe daily



Caffeine can be consumed through a variety of sources, including chocolate and even medication

## STEPS TO SAFELY **CONSUME CAFFEINE:**



For more information on caffeine consumption or to find a Premier HealthNet physician near you, visit premierhealthnet.com/doctor

> **SOURCE:** Federal Food & Drug Administration, International Coffee Organization, and Premier HealthNet physician, Aleda Johnson, MD.

