



Coffee.

To drink or not to drink?

Timofey Shilov



Outline



- A lot of disputes were on the subject of the effect of caffeine on the human body, because caffeine is a strong stimulant of the central nervous system.
- If caffeine is needed, than how much?



Introduction



- The effects of caffeine investigated by Wilmore and Costill.
- Caffeine in various sports.
- The preferred form of caffeine intake for the body.
- Dosage and the beneficial effect.
- Possible negative effects.
- Caffeine and sugar.
- Approximate caffeine content in various products.



Wilmore and Costil have shown the following effects of caffeine:

- ❑ - improving the concentration of attention,
- ❑ - psychic excitability,
- ❑ - reduced fatigue, improved mood,
- ❑ - stimulation of adrenaline, dopamine,
- ❑ - increased mobilization of fatty acids,
- ❑ - Increased muscular activity of athletes, in terms of helping calcium metabolism in sarcoplasm.

□ Aerobic



Anaerobic

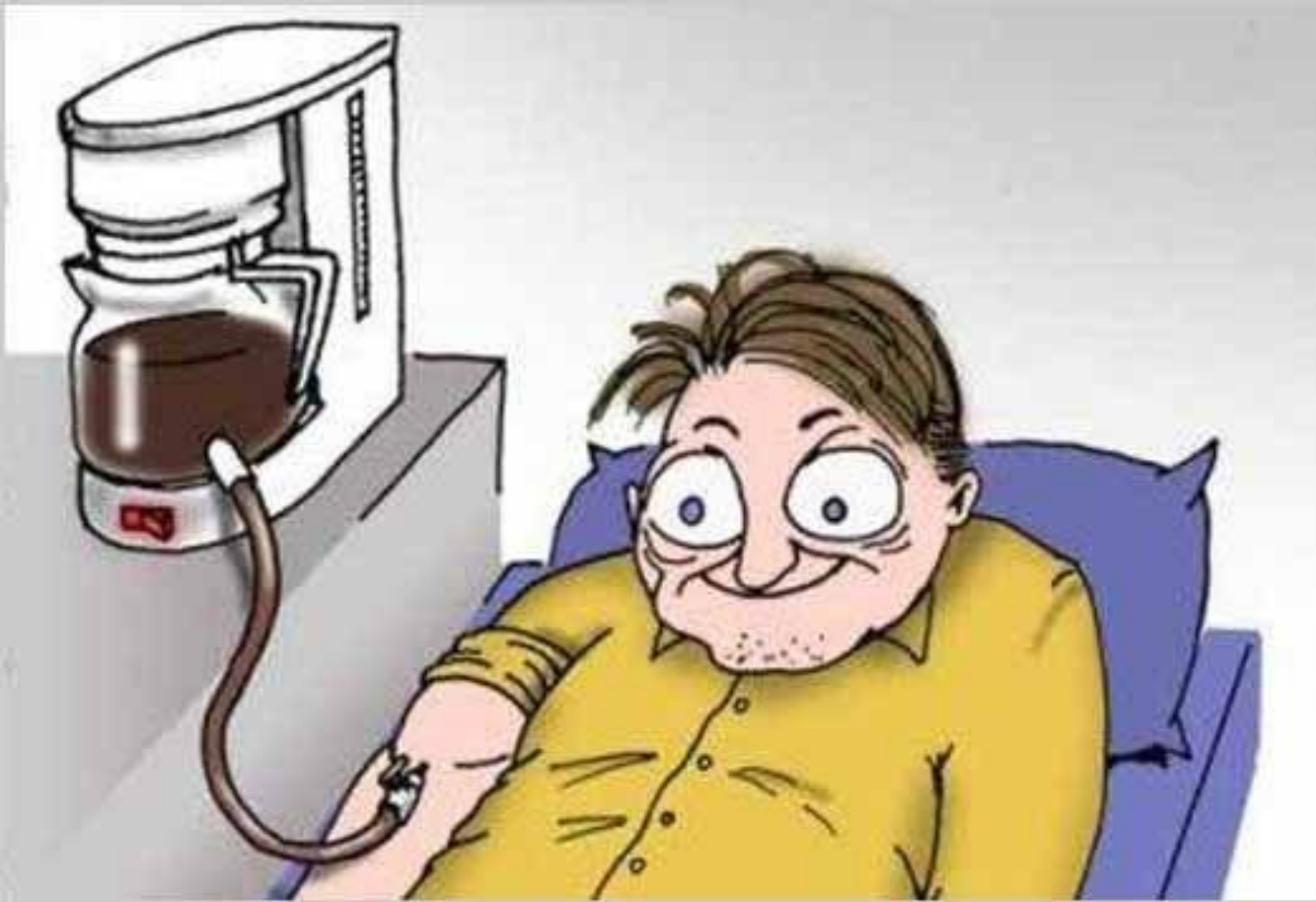




VS



Dosage and the beneficial effect.



- When taking 1-5 mg/kg, caffeine improves mood, increases attention, performance, ability to memorize information and so on.

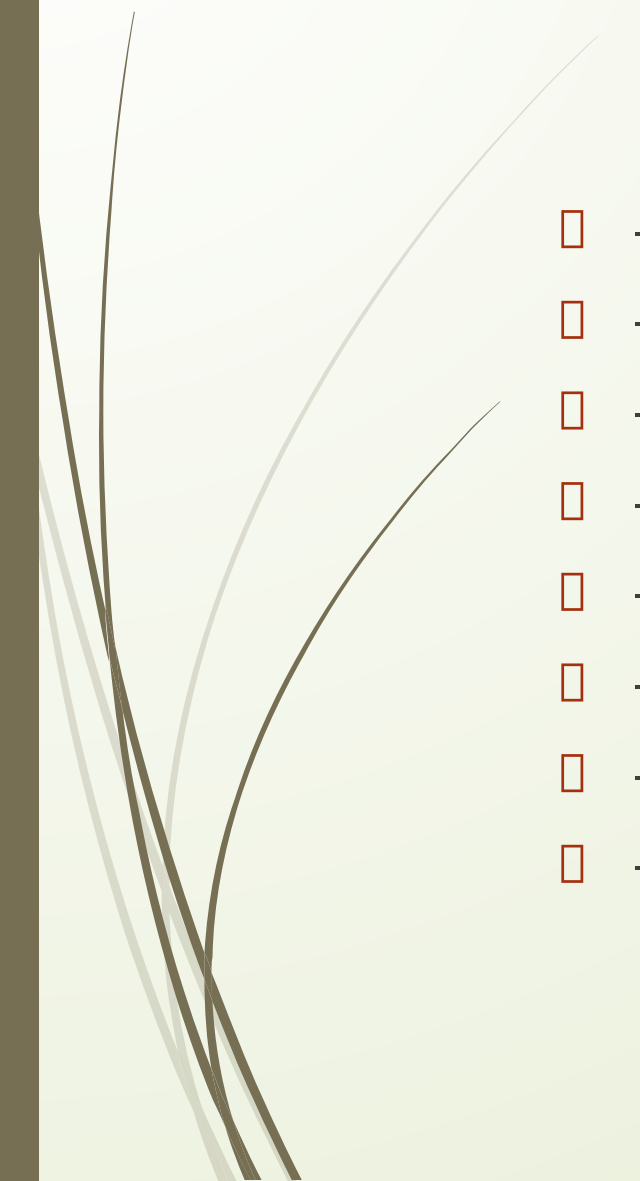


- To 9-13 mg / kg already there is a negative effect, for example, the quantity and quality of a dream is reduced.
- 15 mg / kg, headaches, nervousness, insomnia, irritability, muscle twitching, heart palpitations, gastrointestinal disorders can begin.
- More than 18 grams per day - death.





Caffeine content in some products

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- ☐ - chocolate: 430 mg / kg,
 - ☐ - instant coffee: 300-480 mg / l,
 - ☐ - "American": about 300 mg / l,
 - ☐ - "espresso": 1700-2250 mg / l,
 - ☐ - cola: approximately 100 mg / l,
 - ☐ - tea: 180-420 mg / l (depending on the variety),
 - ☐ - whiskey: about 150 mg / l,
 - ☐ - various "energy": 300-350 mg / l.



Coffee.

To drink, but a little.

Thanks for watching!

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