

## Effects of caffeine as intake is increased

<b>Moderate amounts (less than 600 mg/day)</b>	<b>Large amounts (greater than 600 mg/day)</b>	<b>Long-term effects of large amounts (greater than 600 mg/day)</b>
Become more alert	Get headaches	Find sleeping difficult
Heart rate increases	Feel restless and jittery	Worry more
Urinate more frequently	Feel nervous	Depression
Body temperature rises	Become delirious	Have stomach upsets
More acid produced in digestive system	Find it difficult to sleep	May become addicted to caffeine