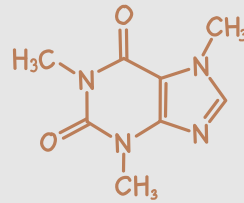


# CAFFEINE



## DOSAGE

Based on body weight:  
3-6mg per kg body weight.



## TIMING

30-75 minutes before a workout  
remains effective for 4-6 hours  
after ingestion. No daily use,  
tolerance!



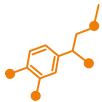
## TYPE

Caffeine supplementation  
capsules or powder form.



## The nervous system

Caffeine activates parts of your brain and nervous system to improve concentration and energy and reduce fatigue.



## Hormones

Caffeine increases the circulation of epinephrine (adrenaline), the hormone responsible for the "fight or flight" response, which can increase performance.



## Fat Burning

Caffeine can increase your body's ability to burn fat via lipolysis, or the breakdown of fat in fat cells.



## Endorphins

Beta-endorphins can increase feelings of well-being and give you the "high" that people often experience after exercise.



## Muscles

Caffeine can improve muscle performance by activating the central nervous system; however, the precise mechanisms are unclear.



## Body temperature

Caffeine has been shown to increase thermogenesis, or heat production, which increases your body temperature and helps you burn more calories.



## Glycogen

Caffeine can also preserve carbohydrate stores in the muscles, mainly through increased fat burning. This can improve endurance performance.

## Side effects

- Increased heart rate
- Fear
- Dizziness
- Sleep problems
- Irritability
- Trembling
- Stomach complaints

