



## Caffeine

Caffeine is a naturally occurring product which is found in over 60 plants including coffee beans, tea leaves and cocoa beans

As caffeine is a stimulant, it can keep you alert, less tired and focussed.

An average adult should aim to have no more than 3-4 cups of tea/coffee daily.

Caffeine has a mild diuretic effect. This means you might need to pop to the loo more than usual.

Caffeine can stimulate the large intestine to contract. Helpful if you are suffering with constipation.

Did you know that decaffeinated tea/coffee is not completely free from caffeine?

Caffeine can cause insomnia. Try to avoid caffeine for 4-5 hours before you go to bed.

Caffeine can increase heart rate and raise blood pressure.

If you want to cut caffeine out of your life, don't stop immediately. Wean yourself off it over a week or so, otherwise you will likely suffer with severe headaches, irritability or anxiety.

Try weaning yourself off caffeine and on to fruit or herbal teas or chicory coffee. Check out your local health food shop for alternatives to caffeine.