Caffeine is the most popular and least regulated drug in the U.S.

Caffeine should be limited to 300 mg/day or:
- 3 cups of coffee
- 8 cans of soda
- 1 energy drink shot

Research shows that caffeine may have (+) and (-) effects.

(+ ) Effects:
- Improved mood
- Increased alertness with moderate consumption (no more than 200 mg)

(- ) Effects:
- Developing a dependence
- Experiencing withdrawal symptoms like headache, drowsiness, and irritability
- Risk for health concerns like jitteriness, upset stomach, and anxiety
- Insomnia or restlessness when sleeping
- Overdose -- rare but possible