



# Powdered Caffeine

FDA has issued a safety advisory regarding Caffeine Powder



An overdose of caffeine can lead to heart problems and seizures that can be lethal. Keep track of how much caffeine you take and avoid giving caffeine to children.

## What is it?

### How Much is Too Much?

- 1 TSP is equal to 25 cups of coffee
- Easily available for purchase online or vitamin shops
- For about \$10, you can buy 100,000 milligrams of caffeine powder. That's more than 1,000 Red Bulls' worth of caffeine in one package.
- "The difference between a safe amount and a lethal dose is very small"
- It is nearly impossible to accurately measure powdered pure caffeine with common kitchen measuring tools and you can easily consume the lethal amount

### Caffeine Powder

- Pure Caffeine in powder form.
- Powerful Stimulant that in very small amounts can cause accidental overdose
- You can purchase a whopping 20 kilograms of the powder, which is the same amount of caffeine in 76,923 tall servings of Starbucks coffee.
- Depending on where you look, the lowest lethal dose of caffeine ranges between 5 and 15 grams — and could be as low as 3 grams for children or someone with a heart condition

### What does it do?

- Rapid Heart Beat
- Anxiety
- Diarrhea
- Tremors
- Nausea
- Vomiting
- Headache
- Trouble Sleeping
- Dehydration
- Irritability

Sources:  
*Web MD*  
*Drugs.com*  
*USA Today*  
*Everydayhealth.com*  
 NIDA  
 FDA



**Herkimer County  
Prevention Council**

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[www.herkimercountyprevention.org](http://www.herkimercountyprevention.org)  
 315 894-9917 ext. 228