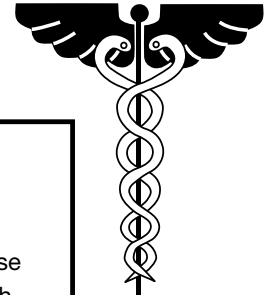




CAFFEINE



Facts About Drugs

WHAT IT IS

Names: caffeine, pep pill

Type: central nervous system stimulant

Forms: white, crystalline powder solution; seeds of *coffea arabica* (coffee beans); leaves of *thea sinensis* (tea); seeds of *theobroma cacao* (cocoa, chocolate); leaves of *ilex paraguayensis* (yerba mate); kola nuts of *cola acuminata* (cola drinks)

Combinations: with ASA and/or codeine (cold and cough medications); with ergotamine (cafergot); with PPA and ephedrine (look-alike amphetamine); with theophylline or dextrose (stimulants)

Usage: swallowed as coffee, tea, cola, soft drink beverage or as tablet/capsule medication; eaten as chocolate product or ingredient; injected in sodium benzoate solution

Legal Status: legal

Other Forms: migraine and other headache treatment (cafergot, Fiorinal, Fioricet); pain relievers (Anacin, Vanquish, Excedrin, Midol, Darvon, Synalgos-DC, DGA); muscle relaxant (Norgesic, Forte); cold/allergy treatment (Coryban-D); diuretic (Aqua-Ban); pep pill (No Doz, Vivarin)

WHAT IT FEELS LIKE

slightly elevated mood; alertness; sensitivity of touch, smell, sight and hearing; nervousness; irritability; insomnia; tremors; depression

WHAT IT DOES

To Your Mind: stimulates central nervous system

To Your Body: constricts cerebral blood vessels, increases blood flow in body, stimulates heart, increases basal metabolic rate, limits glucose metabolism, relaxes some smooth muscles, increases urine flow

Special Characteristics: Caffeine shortens sleep time, reduces depth of sleep, increases early dream-state sleep, reduces later dream-state sleep. Coffee drinking combined with tobacco smoking intensifies elevated blood pressure effect. Caffeine is used as a substitute for amphetamine street drugs.

HOW IT CAN HURT YOU

- rapid, irregular heart beat and increased blood pressure
- high blood sugar levels
- tremors
- effects of "caffeinism" (ringing in the ears, extreme sensitivity to pain or touch)
- sleep disorders
- possible cancer-causing effects
- withdrawal effects, such as headache

WHEN TO GET HELP

- Do you feel that you need your "pick-me-up" before beginning a day or project?
- Do you drink more than four cups of coffee a day?
- Is your work or school performance affected by your use?
- Do you get episodes of rapid heartbeat?

FACT:
Caffeine is the most widely used drug in the world, for children and adults.