



# **Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary**

*Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for  
a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary  
Supplements*

[Download now](#)

[Read Online](#) 

# Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary

*Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements*

**Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary** Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements

*Caffeine in Food and Dietary Supplements* is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage products, and identified data gaps.

Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.

 [Download Caffeine in Food and Dietary Supplements: Examining Saf ...pdf](#)

 [Read Online Caffeine in Food and Dietary Supplements: Examining S ...pdf](#)

**Download and Read Free Online Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary** Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements



**Download and Read Free Online Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements**

---

**From reader reviews:**

**Bobbie Wallace:**

Inside other case, little men and women like to read book Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary. You can choose the best book if you'd prefer reading a book. As long as we know about how is important a new book Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary. You can add expertise and of course you can around the world with a book. Absolutely right, mainly because from book you can understand everything! From your country until eventually foreign or abroad you will be known. About simple point until wonderful thing you may know that. In this era, you can open a book or perhaps searching by internet product. It is called e-book. You should use it when you feel bored to go to the library. Let's go through.

**Irma Huges:**

This Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this e-book incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary without we recognize teach the one who examining it become critical in contemplating and analyzing. Don't always be worry Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary can bring once you are and not make your handbag space or bookshelves' become full because you can have it within your lovely laptop even telephone. This Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary having good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

**Marie Miles:**

Do you one among people who can't read gratifying if the sentence chained from the straightway, hold on guys this aren't like that. This Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary book is readable by you who hate those perfect word style. You will find the info here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to offer to you. The writer associated with Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary content conveys thinking easily to understand by a lot of people. The printed and e-book are not different in the articles but it just different available as it. So , do you nevertheless thinking Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary is not loveable to be your top record reading book?

**Rita Furguson:**

Hey guys, do you really wants to finds a new book to learn? May be the book with the headline Caffeine in

Food and Dietary Supplements: Examining Safety: Workshop Summary suitable to you? Typically the book was written by famous writer in this era. Typically the book untitled Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary is the main one of several books which everyone read now. This kind of book was inspired a lot of people in the world. When you read this book you will enter the new shape that you ever know previous to. The author explained their strategy in the simple way, and so all of people can easily to comprehend the core of this guide. This book will give you a lot of information about this world now. To help you see the represented of the world with this book.

**Download and Read Online Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements #E7SR9MX1VQP**

# **Read Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements for online ebook**

Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements books to read online.

## **Online Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements ebook PDF download**

### **Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements Doc**

Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements Mobipocket

Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements EPub

Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements Ebook online

Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary by Institute of Medicine, Board on Health Sciences Policy, Food and Nutrition Board, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements Ebook PDF