



VIS Nutrition Tip: Caffeine advice

Monday, 28 October 2013

Caffeine is one of the most widely used ergogenic aids used by athletes, but how much is needed to get the greatest enhancement to performance?

In the past it was believed large amounts were required to achieve the best effect, and the greatest impact was mostly to be found in endurance exercise. However, current research has shown benefits can also be achieved in both short, high intensity activities and stop-start type activities and the ideal amount at which performance is improved without negative side effects is not that much - around 2-3mg/kg. This equates to a little more than 1-2 cups of coffee depending on your weight; more than this amount not only does not improve performance but reduces cognition (decision making and concentration) and can pose a risk of harm, and therefore is not recommended.

There are also individual responses to be considered, so for some athletes there will not be an effect, while others will be overly sensitive, so it is essential to experiment in training to achieve the best outcome.