



## HERBAL STIMULANTS

**INTRODUCTION:** Some of the most popular products in the natural food market are products for stimulating physical or mental function. Some of these include herbs which contain the natural stimulants caffeine, ephedrine, and/or pseudoephedrine. Here is some information about these stimulant products.

**CAFFEINE-CONTAINING PRODUCTS:** Caffeinated beverages have an ancient history of use and are popular in almost every culture. The most familiar of these are coffee and tea, but there are others as listed below. While the regular use of stimulants is a controversial issue, it appears that caffeine-containing beverages are relatively safe for most healthy adults when consumed in moderation. A number of caffeine-containing teas, extracts and supplements are sold in the natural product industry.

The main sources are **kola nut (bissy nut, cola)**, **guarana**, **maté** and **tea (*Camellia sinensis*)**.

CAFFEINE COMPARISON CHART		
BEVERAGE	SERVING SIZE	CAFFEINE DOSE PER SERVING
Coffee	1 cup	60-150 mg
Decaffeinated Coffee	1 cup	2-5 mg
<b>Tea (loose or bags)</b>	<b>1 cup</b>	<b>20-50 mg</b>
Hot Cocoa	1 cup	6 mg
Milk chocolate	1 oz	6 mg
Baking chocolate	1 oz	35 mg
<b>Maté</b>	<b>1 cup</b>	<b>25-50 mg</b>
Cola drinks	12 oz can	40 mg
<b>Guarana</b>	<b>varies</b>	<b>25-50 mg per gram</b>

**CAUTIONS:** Caffeine is considered to be inappropriate for consumption during pregnancy or lactation, or by persons with the following conditions: high blood pressure, gastric ulcers, active heart disease, stimulant sensitivities. Over-consumption of caffeine even by normal consumers can cause nervousness, sleeplessness, irritability, anxiety and/or heart palpitations. Caffeine also has laxative effects, and those who become habituated to it may become constipated and experience headaches when they quit.

**Warnings required on caffeine-containing over the counter drugs:** Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heart beat. [Physicians' Desk Reference for Nonprescription Drugs. 10th edition. 1989. p. 514.]