

DOES CAFFEINE DEHYDRATE YOU?



Does drinking caffeine make you dehydrated? This has been a long-standing topic of debate in the world of hydration. Generally speaking, people enjoy caffeine because it can help boost alertness, mood, and physical performance. For a lot of people, however, after they have had a caffeinated beverage, such as coffee, they may feel the urge to use the restroom. And so the conundrum is born...does the diuretic effect of caffeine mean we are becoming dehydrated?

For most people...

Low-levels of caffeine won't contribute to electrolyte loss. For most, this is about 3-6mg per 2.2 lb of your body weight or 300-400 mg of caffeine in a single sitting.^{1,2}

High amounts of caffeine may contribute to fluid imbalance. Therefore, if you are 120 lbs consuming less than 4 cups of coffee, < 325mg of caffeine, or < 6mg per 2.2 lb of your body weight is recommended.

More frequent caffeine consumers experience less of a diuretic effect than someone who does not consume caffeine consistently.

What does this look like?

	Amount of Caffeine	Contributes to Dehydration
	A brewed 8oz cup of coffee usually has 96-165 mg of caffeine.	No - less than 4-5 cups likely will not dehydrate you.
Dunkin Donuts Large Coffee + Turbo Shot	395 mg	No
Venti Coffee at Starbucks	415 mg	Likely not
1 can (12oz) of Red Bull	111 mg	Maybe - given sugar content
8 oz Black Tea	47 mg	No
Death Wish Coffee Co	12 oz = 651 mg	Yes, likely to contribute

REMEMBER YOUR SIZE, ACTIVITY LEVELS, DAILY HABITS, AND HEALTH CAN INFLUENCE THIS.

For many, caffeine should not contribute to dehydration. However, if you have concerns with your hydration or feel you are consuming too much caffeine, let us know! We would love to help.

Sources:

1. <https://www.frontiersin.org/article/10.3389/fnut.2017.00040>
2. <http://www.science.eurekajournals.com/index.php/JRIFSN/article/view/96/95>
3. <https://www.caffeineinformer.com/most-caffeinated-coffees>
4. Berardi, John and Ryan Andrews. The Essentials of Sport and Exercise Nutrition. Precision Nutrition, Inc. 2015.