

Caffeine

Caffeine is banned by the under the stimulant drug class. Caffeine will cause a positive drug test if concentrations in urine exceed 15 micrograms/ml. Unfortunately, there is no standardized calculation to determine how much caffeine must be consumed to reach this threshold as there are many variables to consider, including: body size, time of consumption, rate of metabolism, and other sources of caffeine from the diet and/or supplements. The Resource Exchange Center (REC) does not test products and therefore cannot determine the exact amount of caffeine contained within each supplement. It is advised that you discuss appropriate caffeine consumption with your sports medicine staff and monitor your caffeine intake from all sources in the diet and/or supplementation.

Products listing Caffeine:

Many dietary supplement products list pure forms of caffeine (caffeine anhydrous, caffeine citrate, methylxanthine, to name a few). Products that list high amounts of caffeine, or multiple sources of caffeine, may be at a higher risk for reaching the urinary threshold for a positive drug test. Pre-workout and weight-loss products commonly list high amounts of caffeine, and may contain other ingredients with stimulant-like properties.

Products listing sources of Caffeine:

Products may also list sources of caffeine. Examples of sources of caffeine include: green tea (caffeinated & decaffeinated), yerba mate, guarana, oolong tea, pouchong tea, cola nut, and cocoa; however, this is not an exhaustive list. These ingredients often contain small amounts of caffeine, and alone, are considered low risk for causing a positive drug test. Nevertheless, it is important for athletes to monitor total caffeine consumption.

Please consult with your sports medicine staff or physician prior to consuming any dietary supplement products that list caffeine or sources of caffeine. Please also remember that student-athletes consume dietary supplement products at their own risk, regardless of what is listed on the label(s).