

# PURE CAFFEINE POWDER:

## *What You Need to Know*

It's important for consumers, especially parents to learn all they can about pure caffeine powder since it has been linked to the recent death of an Ohio teenager. The FDA is considering regulatory action pending its investigation into the death of 18-year-old Logan Steiner. In the meantime it is recommending that consumers avoid the substance.

### **FAQ'S: What is Caffeine Powder?** **Caffeine in Powder Form . . .**

It is sold as a powder or capsule supplements. For about \$10 you can buy 100,000 milligrams online. That's more than 1,000 Red Bulls worth of caffeine in one package. The powder can be used for homemade caffeinated drinks and foods, as well as pre-work-out shakes. It is easy to use too much of the powder. The serving size is 1/16 of a tsp., which requires mini-measuring spoons and/or a digital scale.

### **Is Caffeine Powder Regulated by the FDA?**

The FDA ensures that claims on supplement labels are factual—but dietary supplements and caffeine powder is a supplement; do not need approval from the agency before they're marketed to the public.

### **How Much Caffeine is Too Much?**

Experts agree that you should avoid having more than 400 milligrams of caffeine per day. One Grande Starbucks coffee (16 oz.) has about 500 milligrams. A 12 oz. Diet Coke has 45 milligrams. Because caffeine is a drug, its effects can vary from person to person depending on weight, gender, medications and overall health. High amounts of caffeine can lead to an increased risk for cardiac arrhythmias, palpitations, seizures, strokes or even death.

### **Can You Overdose on Caffeine?**

Deaths caused by caffeine overdose are rare, but they do happen. Five-thousand to 10,000 milligrams of caffeine is considered the lethal amount. There is 5,000 milligrams in just one small tsp. of caffeine powder (about 1/10 of a tsp.). Mixing two spoonfuls of the powder into a drink is the same as drinking 70 Red Bulls at once, which could kill you.

### **Where Can You Buy Caffeine Powder?**

It can be easily bought on line; Amazon and E-Bay both sell the substance. It is also available in vitamin stores and some Health Food shops.



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Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.

**WARNING!** *Pure caffeine products are dangerous, and serious adverse effects can result, including death. Children and people with pre-existing heart conditions should not use them.*