



**HOW MUCH COFFEE IS
TOO MUCH COFFEE ?**

According to the U.S. FDA, most healthy adults can safely have up to 400 mg of caffeine per day.

That's roughly:

- **2–3 regular café cups (12 oz)**
- **Or about 4–5 small home-brewed cups (8 oz)**

But here's the thing — your body weight, medications, and caffeine sensitivity all matter.

So what's “safe” for one person might be “too much” for another.



🚫 WHEN COFFEE ISN'T YOUR FRIEND

Too much caffeine can lead to:

- Jitters or anxiety 😬
- Trouble sleeping 🌙
- Fast or irregular heartbeat ❤️🔥
- Upset stomach
- Headaches

If you're sensitive to caffeine, even smaller doses might trigger these symptoms.



CERTAIN THINGS TO CONSIDER

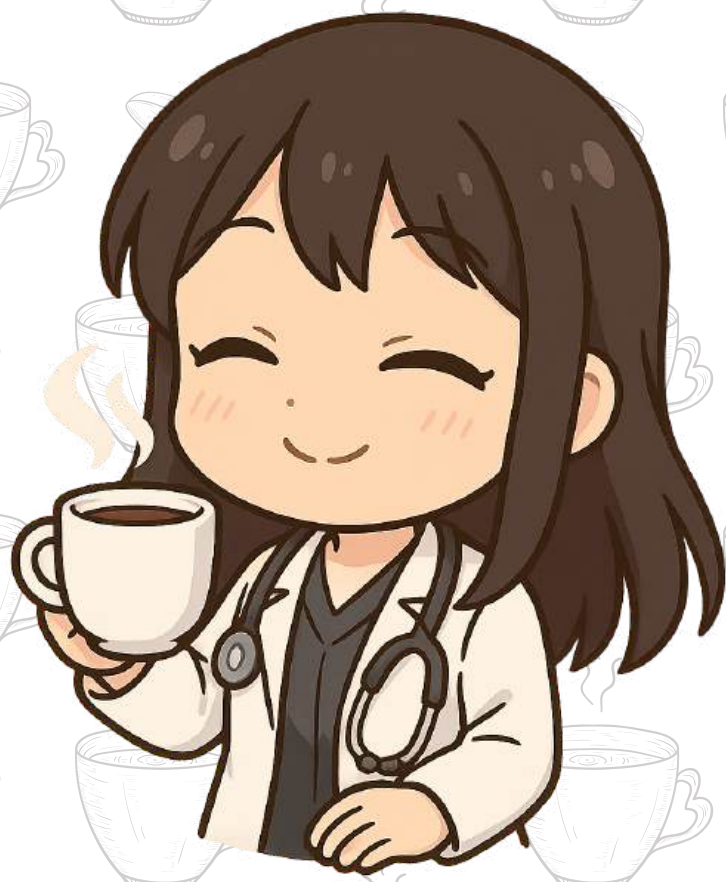
If you're pregnant 🤰, breastfeeding 🧑🍼, or have heart conditions ❤️ or anxiety issues 😟, it's best to limit caffeine intake.

Talk to your healthcare provider before reaching for that extra cup. ☺️

If caffeine makes you feel weird, anxious, or sleepless — it might be time to cut back. zzz

Children and adolescents should generally avoid or limit caffeine. ❌





**, “HOW MANY CUPS DO
YOU HAVE A DAY? ☕
COMMENT BELOW!”**