

Fluid-Electrolyte and Renal Indices of Hydration During Eleven Days of Controlled Caffeine Consumption

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Abstract: Although not substantiated by research, many clinicians, coaches, and military personnel advise a reduction of caffeine use to optimize or maintain hydration status. Having identified this critical gap in caffeine research, the committee funded research to examine the effects of tolerance and withdrawal from caffeine on hydration status in subjects who are regular users of caffeine.