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Sustainment Of Mental Task
Performance Formulations For
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The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and

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reaction time consistently are reviewed
and recommendations are made with
respect to amounts of caffeine
appropriate for maintaining alertness of
military personnel ...

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Caffeine has been shown clinically to induce a variety of positive effects that have contributed to its extensive use worldwide. Caffeine use has been associated with increased alertness and enhanced physical performance, and as a countermeasure to the effects of sleep deprivation. Extensive research has

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been done on each of these effects of caffeine.

Efficacy of Caffeine - Caffeine for the Sustainment of ...

Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations. Institute of Medicine, Food and Nutrition Board,

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Research. National Academies Press,
Dec 7, 2001 - Medical - 171 pages. 0
Reviews.

Caffeine for the Sustainment of Mental Task Performance ...

This report from the Committee on
Military Nutrition Research reviews the

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history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature.

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**Caffeine for the Sustainment of
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Caffeine for the Sustainment of Mental Task Performance Formulations for Military Operations Caffeine has been consumed by people around the world for over one thousand years. When consumed in amounts commonly found in beverages, foods, and drugs, it has

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measurable effects on certain types of
human performance. The most
commonly

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The purpose of the workshop was two-
fold: first, to evaluate the relevant
caffeine research completed since the

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1992 CMNR workshop "Food
Components to Enhance Performance",
particularly research conducted by the
military on the ability of caffeine to
counteract mental task performance
deficits engendered by sleep
deprivation, and, second, to re- view
military research on the
pharmacokinetics ...

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Executive Summary | Caffeine for the Sustainment of Mental ...

In Summary: Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations

In Summary: Caffeine for the

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Task Performance: Formulations for
Military Operations by Committee on
Military Nutrition Research (Author),
Food and Nutrition Board (Author),
Institute of Medicine (Author) & ISBN-13:
978-0309082587. ISBN-10: 0309082587.
Why is ...

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Caffeine for the Sustainment of Mental Task Performance ...

Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations. Washington (DC): National Academies Press (US); 2001. 2 Pharmacology of Caffeine. As stated in Chapter 1, caffeine is the most widely

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used central nervous system (CNS)
stimulant in the world.

**Pharmacology of Caffeine - Caffeine
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Caffeine is absorbed within about 45 minutes after consuming, and peaks in the blood anywhere from 15 minutes to 2 hours. [2] Caffeine in beverages such as coffee, tea, and soda is quickly absorbed in the gut and dissolves in both the body's water and fat molecules.

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It is able to cross into the brain.

**Caffeine | The Nutrition Source |
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: Formulations for Military Operations..
[Committee on Military Nutrition
Research, Food and Nutrition Board.] --

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This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects.

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Task Performance: Formulations for
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Research reviews the history of caffeine
usage, the metabolism of caffeine, and
its physiological effects.

CAFFEINE FOR THE SUSTAINMENT

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OF MENTAL TASK PERFORMANCE
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Caffeine is the most widely-used
stimulant in the world. It's in coffee, tea,
soda, energy drinks, and energy shots,

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as well as some sports gels, dietary supplements, over-the-counter medications, and combat rations (pudding, gum, and mints). In moderate doses, caffeine can boost physical and mental performance. However, too much caffeine can have negative consequences, so be careful how ...

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A 2001 Institute of Medicine report, "Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations," discusses -- from the standpoint of the U.S. armed forces -- what might be the maximum dose of caffeine to create alertness and speed up reaction times without causing

undesirable side effects 2. The report summarizes previous research studies as indicating that ...

Effects Caffeine Has on Your Reaction Times | Healthfully

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et al. The effects of different doses of
caffeine on endurance cycling time trial
performance . J Sports Sci. (2012)

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