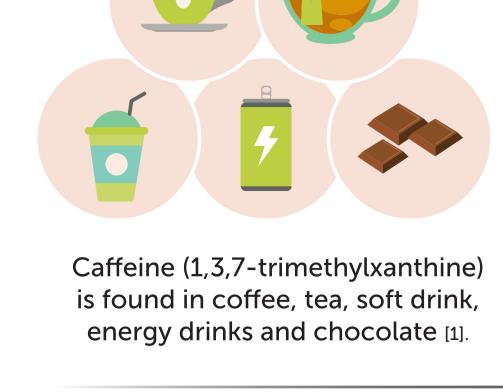
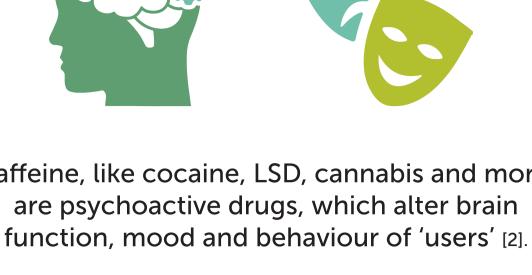
GENERAL INFORMATION





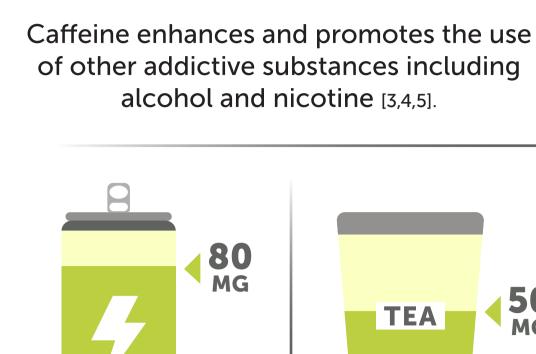


100 MG

**CAFFEINE** 

On average, 1 cup of coffee

contains ~100mg of caffeine [6].



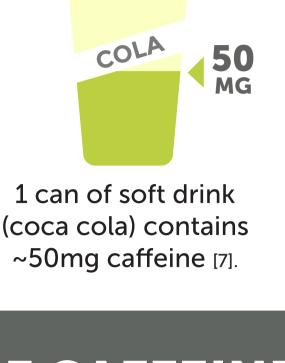
caffeine [7].

1 can of energy drink

contains ~80mg of



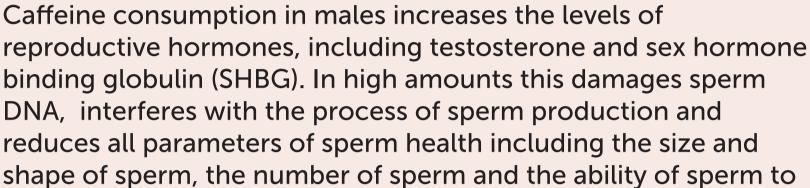
THE IMPACT OF CAFFEINE CONSUMPTION ON MALE FERTII

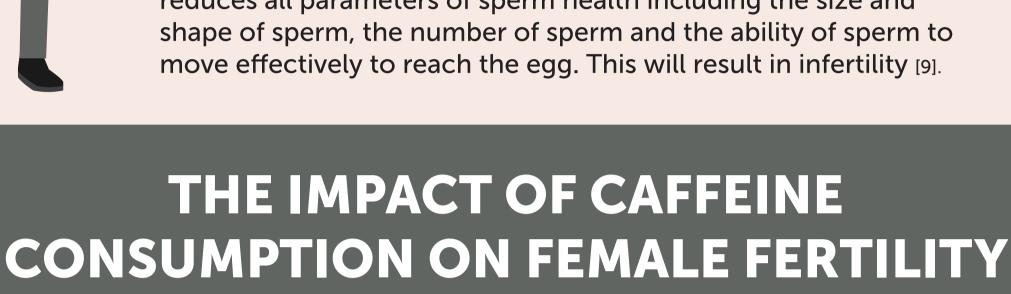




## **SHBG**



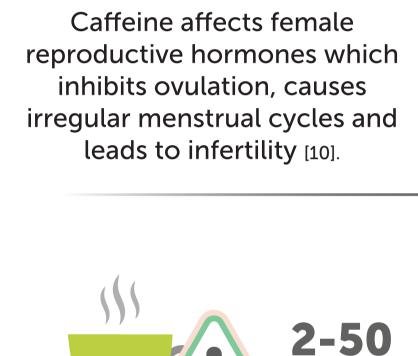


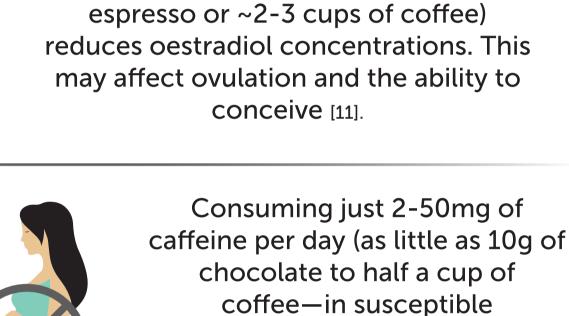


Consuming 200mg or more of caffeine

per day (the equivalent of a double

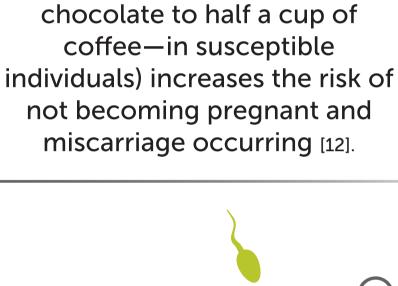






CONSUMPTION ON PREGNANCY OUTCOMES

**DAYS** 





Women who consume no coffee are

twice as likely to become pregnant

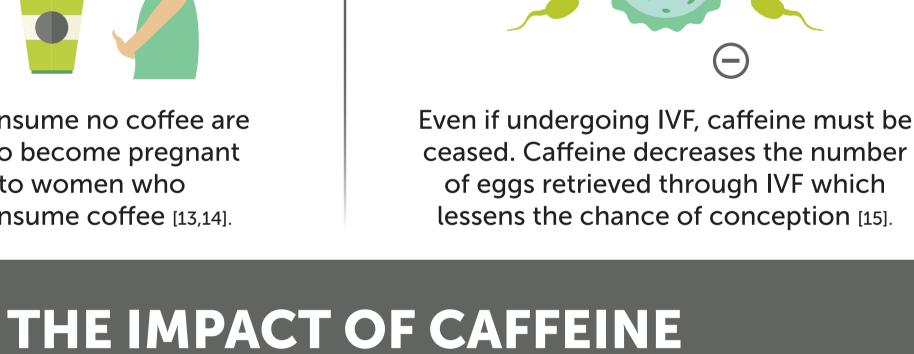
compared to women who

moderately consume coffee [13,14].

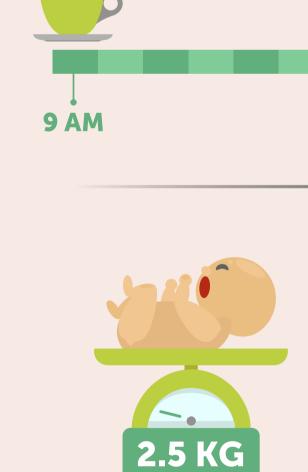
Lunch

Time

**HALF LIFE** 



## **Newborn Affected By** 1 Cup Of Coffee Caffeine crosses the placenta into the foetus and has a prolonged metabolism of around a 15 hour half life. This means that if a mother has



The baby's liver is unable to

metabolise this amount of

caffeine and faces an

increased risk of being born

with a low birth weight [18].

14% > Consuming 100mg of caffeine per day (1 cup coffee) increases the risk of



Coffee

**Midnight** 

**12 AM** 

2 Cups

Tea

Caffeine consumption during pregnancy increases the risk of a

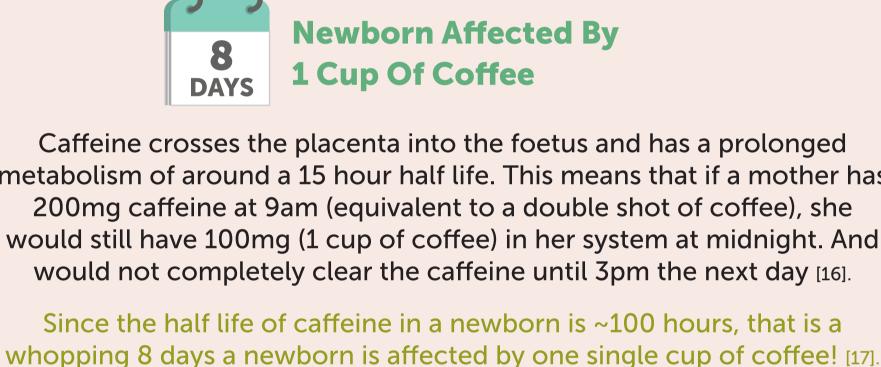
Consuming 100mg of

caffeine per day (1 cup

coffee or 2 cups tea)

increases the risk of low

birth weight by 7% [18].



LOW

Low birth weight increases

the risk of a prospective child

developing disease later in

life including obesity,

diabetes and high blood

pressure [19].

Caffeine disturbs the uterine

lining, which prevents the

implantation of a fertilized

egg, therefore resulting in

miscarriage [21].

Consuming more than

200mg of caffeine per day (2

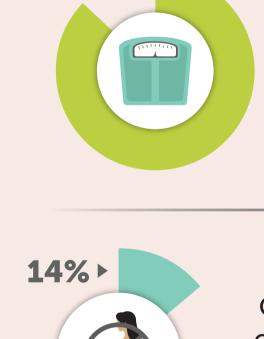
cups coffee) increases the risk

of miscarriage by 31% [22].

3 PM

Lunch

Time



19% >

87% ▶

Caffeine consumption Women who consume more than 4 cups of coffee per

80% >

miscarriage by 14% [18].

prospective child

becoming obese by

87% [20].



Maternal caffeine

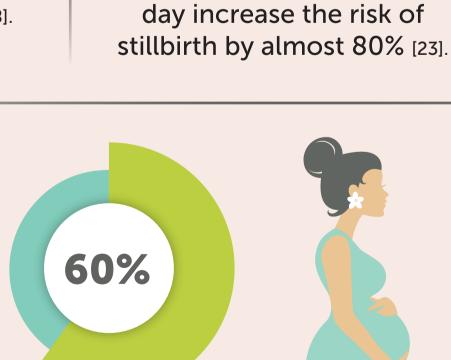
consumption may

predispose a child to

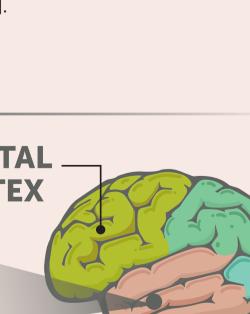
cognitive difficulties,

including lowered IQ [24].









Caffeine exposure in utero can even inhibit the prospective child's chance of conceiving in their adult life. This occurs as

Caffeine consumption during

pregnancy affects hormone

levels in the developing brain

(frontal cortex and

hypothalamus), which can lead

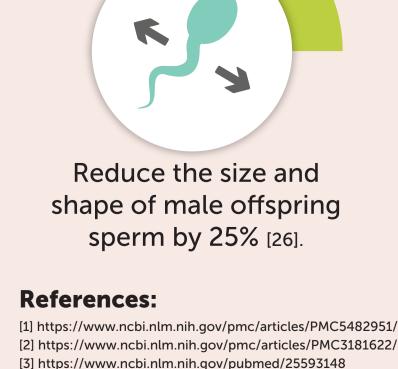
to behavioural problems [8].

caffeine consumption during pregnancy decreases testosterone levels in male offspring. This hormonal shift decreases the weight of male reproductive organs, and decreases sperm size and shape, number and ability to swim. Ultimately, increasing the child's risk of infertility as an adult [25]. Maternal caffeine consumption can:

13% >

Reduce the number of

25% >



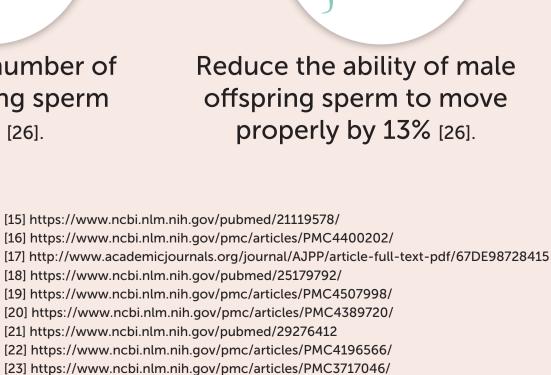
[4] https://www.ncbi.nlm.nih.gov/pubmed/29707859

[5] https://www.ncbi.nlm.nih.gov/pubmed/16330600

25% ▶

[6] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5733907/ [7] http://www.foodstandards.gov.au/consumer/generalissues/Pages/Caffeine.aspx [8] https://www.ncbi.nlm.nih.gov/pubmed/28555252 [9] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5482951/ [10] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5632691/ [11] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3260075/ [12] https://www.ncbi.nlm.nih.gov/pubmed/12093834 [13] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007064/ [14] https://www.sciencedirect.com/science/article/pii/S0140673688909336 Who do you know who has been trying to conceive or take a healthy pregnancy to term for



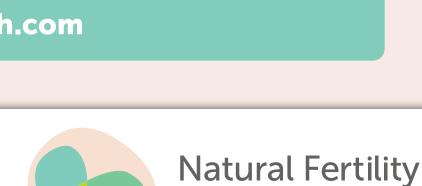


[24]https://www.researchgate.net/publication/284279227\_Maternal\_Caffeine\_Intake\_D uring\_Pregnancy\_and\_Child\_Cognition\_and\_Behavior\_at\_4\_and\_7\_Years\_of\_Age

over 2 years? Apply for a complimentary fertility assessment with our team today. For more information visit:

[25] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3548072/

[26] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4181836/



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