

YOU DON'T THINK

CAFFEINE IMPACTS YOUR CHANCES OF TAKING HOME A HEALTHY BABY?

THINK AGAIN!

The Real Impact of Caffeine on Infertility and Miscarriage Revealed

GENERAL INFORMATION

Caffeine (1,3,7-trimethylxanthine) is found in coffee, tea, soft drink, energy drinks and chocolate [1].

Caffeine, like cocaine, LSD, cannabis and more, are psychoactive drugs, which alter brain function, mood and behaviour of 'users' [2].

Caffeine enhances and promotes the use of other addictive substances including alcohol and nicotine [3,4,5].

100 MG
CAFFEINE

On average, 1 cup of coffee contains ~100mg of caffeine [6].

80 MG

1 can of energy drink contains ~80mg of caffeine [7].

50 MG

1 cup of tea contains ~50mg of caffeine [7].

50 MG

1 can of soft drink (coca cola) contains ~50mg caffeine [7].

20 MG

100g bar of milk chocolate contains ~20mg of caffeine [7].

THE IMPACT OF CAFFEINE CONSUMPTION ON MALE FERTILITY

TESTOSTERONE

SHBG

Caffeine consumption in males increases the levels of reproductive hormones, including testosterone and sex hormone binding globulin (SHBG). In high amounts this damages sperm DNA, interferes with the process of sperm production and reduces all parameters of sperm health including the size and shape of sperm, the number of sperm and the ability of sperm to move effectively to reach the egg. This will result in infertility [9].

THE IMPACT OF CAFFEINE CONSUMPTION ON FEMALE FERTILITY

Caffeine affects female reproductive hormones which inhibits ovulation, causes irregular menstrual cycles and leads to infertility [10].

200 MG

Consuming 200mg or more of caffeine per day (the equivalent of a double espresso or ~2-3 cups of coffee) reduces oestradiol concentrations. This may affect ovulation and the ability to conceive [11].

2-50 MG

Consuming just 2-50mg of caffeine per day (as little as 10g of chocolate to half a cup of coffee—in susceptible individuals) increases the risk of not becoming pregnant and miscarriage occurring [12].

2X

Women who consume no coffee are twice as likely to become pregnant compared to women who moderately consume coffee [13,14].

Even if undergoing IVF, caffeine must be ceased. Caffeine decreases the number of eggs retrieved through IVF which lessens the chance of conception [15].

THE IMPACT OF CAFFEINE CONSUMPTION ON PREGNANCY OUTCOMES

15 HOUR HALF LIFE

8 DAYS

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 200mg caffeine at 9am (equivalent to a double shot of coffee), she would still have 100mg (1 cup of coffee) in her system at midnight. And would not completely clear the caffeine until 3pm the next day [16].

Since the half life of caffeine in a newborn is ~100 hours, that is a whopping 8 days a newborn is affected by one single cup of coffee! [17].

9 AM Lunch Time Midnight 12 AM Lunch Time 3 PM

2.5 KG

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].

7%

1 Cup Coffee 2 Cups Tea

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].

87%

Caffeine consumption during pregnancy increases the risk of a prospective child becoming obese by 87% [20].

Caffeine disturbs the uterine lining, which prevents the implantation of a fertilized egg, therefore resulting in miscarriage [21].

14%

Consuming 100mg of caffeine per day (1 cup coffee) increases the risk of miscarriage by 14% [18].

31%

Consuming more than 200mg of caffeine per day (2 cups coffee) increases the risk of miscarriage by 31% [22].

19%

Caffeine consumption increases the risk of stillbirth by 19% [18].

80%

Women who consume more than 4 cups of coffee per day increase the risk of stillbirth by almost 80% [23].

Maternal caffeine consumption may predispose a child to cognitive difficulties, including lowered IQ [24].

60%

Shockingly, ~60% of pregnant women consume caffeine [8].

Caffeine consumption during pregnancy affects hormone levels in the developing brain (frontal cortex and hypothalamus), which can lead to behavioural problems [8].

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

25%

Reduce the size and shape of male offspring sperm by 25% [26].

25%

Reduce the number of male offspring sperm by 25% [26].

13%

Reduce the ability of male offspring sperm to move properly by 13% [26].

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