

➤ Possible Side Effects Of ➤ Caffeine Overdose

During Pregnancy



Dehydrates
the body

Interferes
with sleep



Increases the
risk of gastritis

Increases blood
pressure



Affects the functions
of several organs

Affects fetal growth



References

1. Moderate daily caffeine intake during pregnancy may lead to smaller birth size; National Institutes of Health
2. Caffeine During Pregnancy: Here's the Lowdown; RMC Health System