

**Table 4.2 The pharmacokinetics parameters of caffeine detected in the blood or plasma of humans after caffeine consumption**

Reference	Caffeine dose	Source	C <sub>max</sub>	T <sub>max</sub>	AUC (time span)
Kaplan et al. (1997)	250 mg	Capsule	7.0 ± 0.5 µg/ml	0.65 ± 0.09 h	n/a
	500 mg		17.3 ± 1.4 µg/ml	0.50 ± 0.06 h	n/a
Kamimori et al. (2002)	50 mg	Gum	0.70 ± 0.35 mg/l	0.73 ± 0.50 h	6.16 ± 4.83 mg/l/h (0-∞)
	100 mg	Capsule	1.20 ± 0.51 mg/l	1.25 ± 0.77 h	10.9 ± 7.0 mg/l/h (0-∞)
	200 mg		3.70 ± 1.49 mg/l	1.34 ± 1.60 h	26.2 ± 12.2 mg/l/h (0-∞)
	50 mg		1.17 ± 0.98 mg/l	1.42 ± 0.90 h	9.63 ± 8.60 mg/l/h (0-∞)
	100 mg	1.84 ± 0.70 mg/l	1.56 ± 0.76 h	14.7 ± 7.26 mg/l/h (0-∞)	
	200 mg	4.13 ± 1.92 mg/l	2.00 ± 1.00 h	33.5 ± 13.7 mg/l/h (0-∞)	
Gelal et al. (2003)	200 mg	Coffee + placebo	6.28 ± 0.39 µg/ml	43.6 ± 20.6 min	3357.7 ± 1260.7 µg min/ml (0-∞)
		Coffee + menthol	5.98 ± 0.59 µg/ml	76.4 ± 28.0 min	3093.9 ± 916.6 µg min/ml (0-∞)
Martínez-López et al. (2014)	70.69 mg	Green/roasted coffee	10.50 ± 2.42 µM	1.21 ± 0.50 h	69.71 ± 20.45 µM/h (0–12h)
Skinner et al. (2014)	6 mg/kg	Capsule	32 ± 5 µmol/l	120 min	5843 ± 1107 µmol/l/h (0–4h)

AUC, area under the curve; h, hour; min, minute; n/a, not available

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