

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

| Reference | Caffeine dose | Source | C _{max} | T _{max} | 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 | Capsule | 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-∞) |
| | 200 mg | | 6.28 ± 0.39 µg/ml | 43.6 ± 20.6 min | 3357.7 ± 1260.7 µg min/ml (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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