Caffeine Consumption

Caffeine is the most widely consumed drug in the world. The amount of caffeine you consume – whether it’s from coffee, tea, or soft drinks – may be influenced by your genes. The average 23andMe customer who drinks caffeinated beverages consumes about 265 mg of caffeine per day. This is equivalent to more than two cups of coffee.

Erin, 23andMe customers who are genetically similar to you tend to consume 61 mg more caffeine per day than average.

How To Use This Test

This test does not diagnose any health conditions or provide medical advice. Consult with a healthcare professional before making any major lifestyle changes, or if you have concerns about your results.

Review the Wellness tutorial
See Scientific Details

Intended Uses

- To test for one variant near the CYP1A2 gene and one variant near the AHR gene.

Limitations

- Does not test for all possible variants related to caffeine consumption.
- Does not account for lifestyle or other factors that may affect caffeine consumption.

Important Ethnicities

- The variants in this report have been studied primarily in people of European descent. These results may not apply as well to people of other ethnicities.

About Caffeine Consumption

Caffeine is found in coffee, tea, soft drinks, and even chocolate.

Biology

Caffeine is found in a variety of beverages, foods, and even in some medications. It acts as a pick-me-up by stimulating certain receptors in the brain. Caffeine is broken down primarily by an enzyme called CYP1A2 in the liver.

Caffeine amount

According to the U.S. Department of Agriculture, the amount of caffeine in different beverages and foods can vary from 95 mg in a cup of coffee to 44 mg in a 16 fl. oz. soft drink.

Other factors

Things to know about that cup of joe.
Caffeine consumption is influenced by variants near the CYP1A2 and AHR genes.

The CYP1A2 gene contains instructions for an enzyme that breaks down many substances, including caffeine. This enzyme is one of many cytochrome P450 enzymes.

You have four variants included in this report.

<table>
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<tr>
<th>Variants Detected</th>
<th>View All Tested Markers</th>
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<th>Your Genotype*</th>
<th>Additional Information</th>
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|                  | Variant copy from one of your parents  
|                  | Variant copy from your other parent  |
| rs6410790        | C C            | ➤ Biological explanation  
|                  | Variant copy from one of your parents  
|                  | Variant copy from your other parent  |
References


