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.

Likely to consume more caffeine

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.
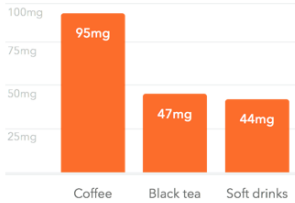
Biology

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.

Coffee   Tea   Soft drinks

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.

	100mg		
	75mg		
	50mg	95mg	
	25mg		47mg 44mg
	Coffee	Black tea	Soft drinks

Other factors

Things to know about that cup of joe.

History   >

Genetics   >

Health effects   >

Keep exploring your Wellness results.

Learn more about caffeine consumption.

Learn more

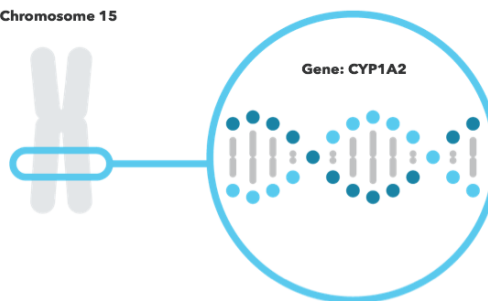Compare your results to your family and friends.

Compare

Caffeine consumption is influenced by variants near the CYP1A2 and AHR genes.

CYP1A2   **AHR**

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

Chromosome 15

Gene: CYP1A2

You have four variants included in this report.

Variants Detected	View All Tested Markers
4	**2**

Marker Tested	Your Genotype*			Additional Information
rs2472297 Gene: Near CYP1A2 Marker: rs2472297	**T** Variant copy from one of your parents		**T** Variant copy from your other parent	> **Biological explanation** > **Typical vs. variant DNA sequence(s)** > **Percent of 23andMe customers with variant** > References [1 , 2 , 5]
rs4410790 Gene: Near AHR Marker: rs4410790	**C** Variant copy from one of your parents		**C** Variant copy from your other parent	> **Biological explanation** > **Typical vs. variant DNA sequence(s)** > **Percent of 23andMe customers with variant** > References [2 , 4 , 5]

*This test cannot distinguish which copy you received from which parent. This test also cannot determine whether multiple variants, if detected, were inherited from only one parent or from both parents. This may impact how these variants are passed down.

23andMe always reports genotypes based on the 'positive' strand of the human genome reference sequence (build 37). Other sources sometimes report genotypes using the opposite strand.

References

1. Amin N et al. (2012). "Genome-wide association analysis of coffee drinking suggests association with CYP1A1/CYP1A2 and NRCAM." Mol Psychiatry. 17(11):1116-29. ↗

2. Cornelis MC et al. (2011). "Genome-wide meta-analysis identifies regions on 7p21 (AHR) and 15q24 (CYP1A2) as determinants of habitual caffeine consumption." PLoS Genet. 7(4):e1002033. ↗

3. Fredholm BB. (2011). "Notes on the history of caffeine use." Handb Exp Pharmacol. (200):1-9. ↗

4. Josse AR et al. (2012). "Associations between polymorphisms in the AHR and CYP1A1-CYP1A2 gene regions and habitual caffeine consumption." Am J Clin Nutr. 96(3):665-71. ↗

5. Sulem P et al. (2011). "Sequence variants at CYP1A1-CYP1A2 and AHR associate with coffee consumption." Hum Mol Genet. 20(10):2071-7. ↗

6. Yang A et al. (2010). "Genetics of caffeine consumption and responses to caffeine." Psychopharmacology (Berl). 211(3):245-57. ↗