# General Information

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# Description

Logan Stiner's unexpected death from a caffeine overdose has become a reminder of how dangerous the substance can be.

# Keywords

Caffeine, Overdose, OD, Powdered, Concentrated, Logan Stiner, Dennis Stiner, Kate Stiner, Dietary Supplement, Supplement, Dose, Dosage, Teenager, Teen, Student, Death, Autopsy, Henry Spiller, Central Ohio Poison Center, Regulated, Regulation, Effects, Heartbeat, Irregular Heartbeat, Muscle Spasms, Kidney Failure, BulkSupplements.com, Education, Consumers, Dangers, Energy Drinks, Cola, Soda, Coffee, Substance Abuse, Drug Abuse

# Citation

Transcript
Teen’s Caffeine Overdose Death Prompts New Look at Drug

LESTER HOLT, anchor:
We're back with a troubling new trend involving caffeine, specifically, the growing use of a pure powdered form that sold as a dietary supplement. It turns out that taking too much of it can have deadly consequences as it did for one young man whose family is now speaking out. Our report tonight from NBC's John Yang.

KATE STINER: That was the one that Morgan took for his graduation invitation.

JOHN YANG, reporting:
This summer Dennis and Kate Stiner thought they'd be getting their son Logan ready for college. Instead, they're mourning his death.

YANG: Logan, a straight A student, wrestler, senior prom king, died suddenly just three days before graduation. Later, a plastic bag with a white powder was found in his house- pure, concentrated caffeine. But when you found out that that was caffeine in that bag, what was your reaction?

K. STINER: I-- that couldn't have killed him.

DENNIS STINER: Yeah.

K. STINER: It was that-- that couldn't have--

D. STINER: Because it's caffeine.

YANG: An autopsy found Logan had 23 times as much caffeine in his system as a typical coffee or cola drinker, enough to kill him. Pure caffeine is sold as a dietary supplement to boost alertness and athletic performance. And doctors say it appears to be most popular with young men.

DR. HENRY SPILLER (Central Ohio Poison Center): They would think, you know, I use caffeine all the time. You know I'm tolerant to this.

YANG: Pure caffeine is not regulated. A teaspoon is the equivalent of 25 cups of coffee. Effects can include irregular heartbeat, muscle spasms, and kidney failure. Dozens of websites sell it for as little as $12 for 100 grams. One site suggests users should have only a sixteenth of a teaspoon at a time and no
more than three servings a day. That retailer BulkSupplements.com says it has "…taken steps to educate our consumers on the dangers of overdosing."

K. STINER: This particular stuff being as lethal as it is needs to be banned completely.

YANG: There's also growing scrutiny of caffeinated energy drinks, like these. Annual sales nearly $10 billion. Since 2007, emergency room visits related to them have doubled. For now Dennis and Kate Stiner take comfort and strength from the message on Logan's Twitter profile,

D. STINER: We need to educate our parents and children need to be educated.

K. STINER: It's a start.

D. STINER: Yes, it is.

YANG: Working to make something positive come from their son's death so no other family goes through this. John Yang, NBC News, Cleveland.