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2. Vivarin

Vivarin

Generic name: [caffeine](#) [KAF-eeen]

Brand names: Jet-Alert, No Doz, [Pep-Back ReCharge](#), [Stay Awake](#), Vivarin, [Alert](#), [Pep-Back Peak Performance](#)

Drug class: [CNS stimulants](#)



[Medically reviewed](#) by Drugs.com on Aug 3, 2023. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

What is Vivarin?

Vivarin is used to help you feel [alert](#) or wakeful when you are tired or drowsy.

Vivarin should not be used as a substitute for sleep.

Vivarin may also be used for purposes not listed in this medication guide.

Vivarin side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Stop using Vivarin and call your doctor if you have:

- ongoing tiredness or [drowsiness](#); or
- ongoing sleep problems.

Common side effects of Vivarin may include:

- feeling restless;
- loss of appetite; or
- sleep problems ([insomnia](#)).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[Vivarin side effects](#) (more detail)

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Warnings

Use exactly as directed on the label, or as prescribed by your doctor.

Before taking this medicine

Vivarin is not approved for use by anyone younger than 12 years old. This medicine gum should not be used by anyone younger than 18 years old, or anyone who is sensitive to this medicine.

Ask a doctor or pharmacist if Vivarin is safe to use if you have ever had:

- heart problems;
- [high blood pressure](#);
- a [stomach ulcer](#); or
- [liver disease](#).

Tell your doctor if you are pregnant or breastfeeding.

How should I take Vivarin?

Use exactly as directed on the label, or as prescribed by your doctor.

Each dose of this product usually contains about as much Vivarin as a cup of coffee, a can of cola, or one energy drink.

Do not use more of this product than is recommended on the label. The US Food and Drug Administration (FDA) recommends not consuming more than a total of 400 milligrams of [caffeine](#) per day in any form.

You may take the Vivarin **tablet** with or without food.

Do not chew more than 2 pieces of the Vivarin **gum** at one time. Do not swallow the gum whole.

Store at room temperature away from moisture and heat.

 [Detailed Vivarin dosage information](#)

What happens if I miss a dose?

Since Vivarin is used when needed, you may not be on a dosing schedule. Skip any missed dose if it's almost time for your next dose. **Do not** use two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include fast heartbeats, trouble sleeping, or feeling nervous or irritable.

What should I avoid while taking Vivarin?

Avoid food or drinks that contain Vivarin, such as coffee, tea, cola, or chocolate milk.

What other drugs will affect Vivarin?

Ask a doctor or pharmacist before using Vivarin with any other medications, especially [tizanidine](#).

Other drugs may affect Vivarin, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Vivarin drug interactions](#) (more detail)

Does Vivarin interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).






Vivarin

+

Enter a drug name

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Other brands

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Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

DRUG STATUS

Availability

 Rx and/or OTC

Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

7.4 / 10

[12 Reviews](#)

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