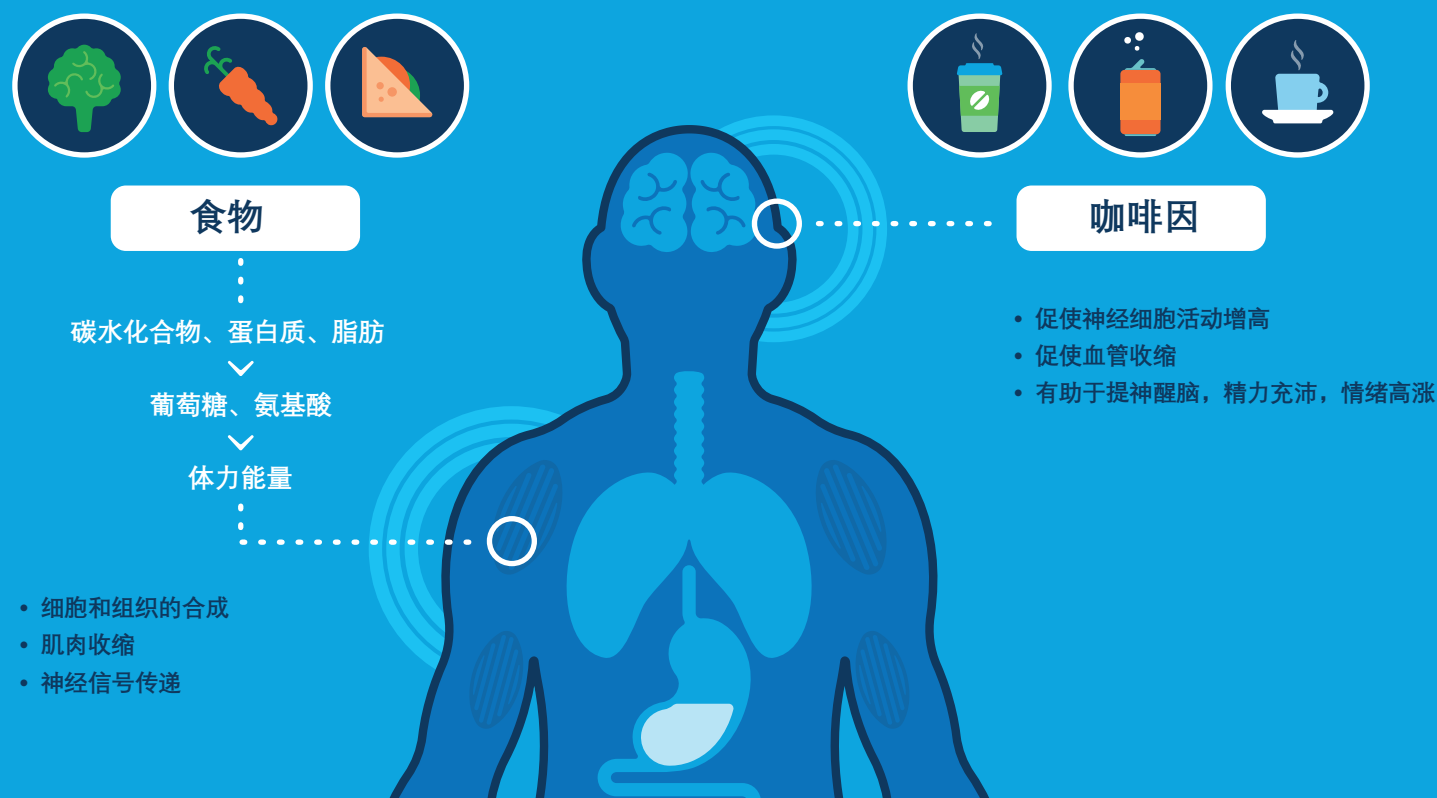


# Health & Nutrition Sciences

## 食物提供的体力能量与咖啡因提供的脑力能量



来自含咖啡因饮料良好设计的研究结果表明：

- 1 咖啡因有助于改善认知
- 2 添加糖不会增强咖啡因的功效
- 3 无需糖分的帮助，咖啡因也能让人感觉精力充沛

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