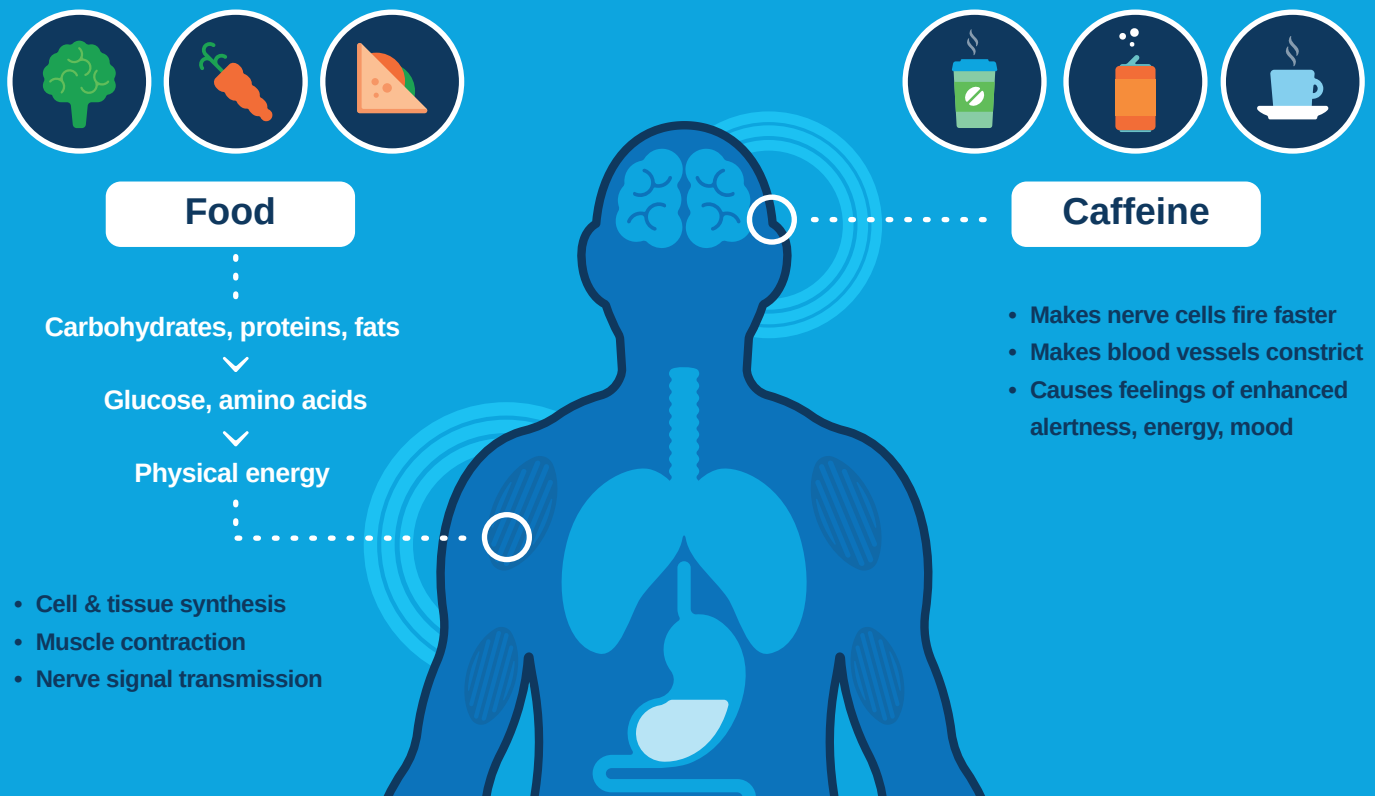





Health & Nutrition Sciences

Physical Energy From Food vs. Mental Energy From Caffeine



Results From Well-Designed Studies on Caffeinated Beverages Show:

- 1
Caffeine contributes to improved cognition

- 2
Adding sugars to caffeine does not cause improvement

- 3
Caffeine provides a FEELING of energy without the need for sugars


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