

Caffeine 1 .Caffeine is addictive and may cause withdrawal symptoms for those who suddenly stop consuming it. These include severe headaches, muscle aches, temporary depression, and irritability. Higher doses of caffeine (several cups of coffee) can cause anxiety, dizziness, headaches, and the jitters. Iced tea (12 ounces) contains 70 mg. Dark chocolate has approximately 20 mg per ounce. A 12-ounce cola can have between 38 mg and 71.2 milligrams (mg) of caffeine. A 5-ounce cup of brewed coffee, on average, contains 115 mg of caffeine. Caffeine is a drug that is naturally produced in the leaves and seeds of many plants. It is estimated that around the world people consume 120,000 tons of caffeine annually. Caffeine is defined as a drug because it stimulates the central nervous system., the brain and spinal cord. The amount of caffeine in different beverages varies greatly. If people take it in moderate amounts (a single can of soda or cup of coffee), caffeine increases their ability to think quickly and clearly. That might sound like a lot, but one espresso contains about 100 milligrams of caffeine! It's also produced artificially and added to certain foods. Every one of the 5 million people on the earth drinks one beverage—one cup—containing caffeine a day. Caffeine moves through body within a few hours after it's consumed and then passes through the urine. Moderation Is the Key Effects of caffeine vary from one person to the next. However, doctors recommend that people should consume no more than about 100 milligrams of caffeine daily. Caffeine is part of the same group of drugs sometimes used to treat asthma. Tea is the caffeinated beverage of choice. Caffeine is in tea leaves, coffee beans, chocolate, many soft drinks, and pain relievers. This is why most caffeinated drinks go through processing to hide . the bitter taste. 2 .3 .4 .5 .6 .8 .9