

## CAFFEINE ANALYSIS

<b>INFO</b>	<b>DESCRIPTION</b>
<p><b>What Is Caffeine?</b></p>	<p>Caffeine is an alkaloid found naturally in such foods as coffee beans, tea, Yerba maté, guarana and (in small amounts) cocoa beans.</p> <p>Its main pharmacological properties are: a stimulant action on the central nervous system and a diuretic effect.</p> <p>Caffeine causes the release of the hormone epinephrine, which in turn leads to several effects such as higher heart rate, increased blood pressure, increased blood flow to muscles, decreased blood flow to the skin and inner organs, and release of glucose by the liver.</p> <p>Caffeine is quickly and completely removed from the brain and, unlike other CNS stimulants or alcohol, its effects are short lived.</p> <p>In many people, caffeine does not negatively affect concentration or higher mental functions, and hence caffeinated drinks are often consumed in the course of work.</p> <p>Too much caffeine can lead to caffeine intoxication. The symptoms of this disorder are restlessness, nervousness, excitement, insomnia, flushed face, diuresis, and gastrointestinal complaints.</p> <p>Though caffeine is relatively non-toxic it can become addictive.</p> <p>Too much coffee, or tea (which contains about two-thirds the amount of caffeine found in instant coffee) may cause tremors, sweating, palpitations, rapid breathing and sleeplessness and may also induce migraine attacks.</p>

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<p><b>Caffeinated Food &amp; Drink Options</b></p>	<p>However, sudden withdrawal should be avoided since this can cause severe headaches, irritability and lethargy.</p> <p>The caffeine in most colas and in chocolate can cause childhood insomnia.</p> <p>There is no need to avoid caffeine if you have had a heart attack, but it is advisable to drink coffee or tea only in moderation.</p> <p>Medical advice is that no one should drink more than 6 cups of tea or coffee a day.</p> <p>Caffeine can be found in many daily food items:</p> <p>Ground Coffee (115 mg).            Instant Coffee (65 mg).            Tea (40 mg).            Cola (18 mg).            Cocoa (4 mg).            Drinking Chocolate (3 mg).            Decaffeinated Coffee (3 mg).            Decaffeinated Tea (3 mg).            Dark Chocolate (80 mg).            Milk Chocolate (20 mg).            Two Painkiller Tablets (60 mg).</p>