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# CAFFEINE

CAFFEINE IS BAD FOR YOU

**Have you ever liked soda, chocolate or coffee? Well you might want to change your mind!**

Do you like having lots of soda, coffee or chocolate? Well, you might want to change your mind. Each of those things have caffeine in them and are very unhealthy. Caffeine may stunt growth. Unfortunately, adults have too much of it in one serving.

Caffeine is a chemical that comes from tea leaves. It is bad for you and can stunt your growth. It is in most foods like chocolate and coffee - those are some pretty common foods. It is also in soda but not all sodas. Most root beers don't have it in them. If you have too much caffeine it can make you sick. It can be dangerous, very dangerous.

Caffeine is dangerous if you have too much. If you do you may get used to it and when you don't have it you may get several symptoms like headache, stomachache and other symptoms. It may be dangerously addicting. Caffeine may make you sick and can dehydrate you, so don't drink it.



## About Caffeine

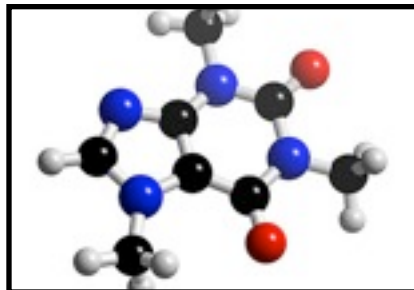
Caffeine is a bitter, white crystalline Xanthine alkaloid that is a psychoactive stimulant. Caffeine was isolated from coffee in 1820 by a German chemist, Friedlieb Ferdinand Runge, and in 1821 by French chemists working independently; namely, by Robiquet, Pelletier and Caventou. It was Pelletier, noting that the drug had been isolated from coffee (French: café), who coined the word "caffeine", which became the English word "caffeine".

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If you're taking in too much caffeine, you may want to cut back. The best way is to cut back slowly. Otherwise you could get headaches and feel tired, irritable, or just plain lousy. Try cutting your intake by replacing caffeinated sodas and coffee with non caffeinated drinks. Options include water, decaffeinated coffee, caffeine-free sodas, and caffeine-free teas.

Start by keeping track of how many caffeinated drinks you have each day, then substitute one of these daily drinks with a caffeine-free alternative. Continue this for a week. Then, if you are still drinking too much caffeine, substitute another of your daily drinks, again, keeping it up for a week. Do this for as many weeks as it takes to bring your daily caffeine intake below the 100-milligram mark. Taking a gradual approach like this can help you wean yourself from caffeine without unwanted side effects like headaches.

As you cut back on the amount of caffeine you consume, you may find yourself feeling tired. Your best bet is to hit the sack, not the sodas: It's just your body's way of telling you it needs more rest. Your energy levels will return to normal in a few days.



CAFFEINE CELL



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Many people feel that caffeine increases their mental alertness. Higher doses of caffeine can cause anxiety, dizziness, headaches, and the jitters. Caffeine can also interfere with normal sleep.

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\* Caffeine diagram.



Hot steaming coffee.

8 ounces	1 ounce	1 tablet
5 mg*	6 mg*	30 mg*
Dark chocolate	Jolt gum	Vivarin
1 ounce	1 stick	1 tablet
20 mg*	33 mg	200 mg
Milk chocolate	Cold relief medication	Excedrin extra strength

Do you like caffeine? Check the box to answer.

Yes. \_\_\_\_\_

No. \_\_\_\_\_



Write why or why not you like caffeine.

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