



Caffeine Fact & Fallacy: Effects and Uses as a Medicine, Food and Beverage Ingredient and as a Flavoring Agent. A Pocket Guide for Clinicians, Researchers and Consumer Education.

Augustine S. Aruna

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Caffeine is the only FDA-approved nonprescription or over-the-counter (OTC) stimulant medication for occasional use. Over 80% of the US adult population consumes caffeine daily, thus making it one of the most popular drugs. Annual consumption is estimated to be well over 100,000 tons. Caffeine is a common ingredient in coffee, tea, soft drinks, and chocolate products. It is also present in many prescription as well as OTC medications, including headache and cold remedies; menstrual pain relief medications, diet and weight reduction products, and stimulant formulations.

Unfortunately, misinformation regarding the drug has persisted since the beginning of its discovery. Everyone seems to be consumed by the fallacies about the stimulant. "When it comes to caffeine use as a food and beverage ingredient and as a flavoring agent, that ignorance is multiplied many times over" said a Coca-Cola Company official. This publication attempts to lay to rest much, if not all, of that misinformation with facts and evidence from well-conducted human and animal subjects trials.

The purpose of this pocket guide is to provide a summary of research information patterning to caffeine. Some of the information circulated over the years about the effects of caffeine lacks factual scientific basis. The text is divided into major headings of physiological and behavioral effects associated with caffeine consumption. The extensive information about caffeine is categorized and organized in tabular and concise form to facilitate reading and comprehension. It is a very quick and easy-to-use reference work.

This is the only book written for all segments of society (clinicians, researchers and consumers or laymen) unlike the only other two books on this subject, to our knowledge, which are too technical and written for researchers mainly.

Learn more about the caffeine in your life!

Highlights:

1. Historical perspective
2. Caffeine content in some common medications
3. Therapeutic action of caffeine
4. Caffeine and muscle function
5. Caffeine and athletic performance
6. Central nervous system effects of caffeine
7. Caffeine and the heart
8. Caffeine and the lungs
9. Caffeine and the kidneys
10. Caffeine and osteoporosis

11. Caffeine use during pregnancy
12. Caffeine use during lactation
13. Caffeine and benign breast disease
14. Purpose of caffeine as a food and beverage ingredient
15. Flavors and flavoring
16. Caffeinated beverages for mental alertness
17. Caffeine safety and labeling of foods and beverages
18. Caffeine content in foods and beverages
19. Some drug-caffeine interactions
20. Black Booster...the energizer

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Ann Tuttle:

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Amanda Mathis:

This Caffeine Fact & Fallacy: Effects and Uses as a Medicine, Food and Beverage Ingredient and as a Flavoring Agent. A Pocket Guide for Clinicians, Researchers and Consumer Education. is great e-book for you because the content that is certainly full of information for you who else always deal with world and also have to make decision every minute. This particular book reveal it information accurately using great manage word or we can declare no rambling sentences included. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but hard core information with splendid delivering sentences. Having Caffeine Fact & Fallacy: Effects and Uses as a Medicine, Food and Beverage Ingredient and as a Flavoring Agent. A Pocket Guide for Clinicians, Researchers and Consumer Education. in your hand like keeping the world in your arm, facts in it is not ridiculous one particular. We can say that no reserve that offer you world throughout ten or fifteen minute right but this reserve already do that. So , it is good reading book. Hello Mr. and Mrs. occupied do you still doubt in which?

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