



Caffeine: The Truth about Caffeine: The World's Most Consumed Drug (The Benefits, Side Effects, and History of Caffeine)

Ryan Reynold

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Did You Have Your Pick Me Up Today? Caffeine is the most Consumed Drug in the World! This eBook is here to provide insight about Caffeine. Covering the good, the bad, and the ugly truth about what we all put into our body. Nearly 80% of all Americans are addicted to this drug (caffeine) In the Truth About Caffeine you will learn everything that you need to know about a drug that we all are very familiar with everyday, now it's time to learn the effects that it has on our body. Be aware of what you consume. Here's what you will learn in this book -Chapter 1: Caffeine: An Understanding -Chapter 2: Benefits of Caffeine -Chapter 3: Short-Term & Long-Term Effects and Benefits of Caffeine -Chapter 4: Dieting, Diet Pills & Caffeine - Chapter 5: How to Get the Most Out of Your Caffeine Consumption -Chapter 6: Use It...Or Leave It Alone
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