

WELL NOW

A Student Health Center Newsletter

Caffeine:

A Stimulating Subject

"Don't talk to me in the morning until I've had my caffeine fix." "With an exam tomorrow, I better load up on the caffeine tonight."

Sound familiar?

Caffeine is probably the world's most widely used drug. It is consumed daily by millions, and is a regular part of the daily diet of many college students.

The most common form of caffeine is coffee--America's favorite beverage. Caffeine is also present in tea, chocolate or cocoa and cola drinks, and is a main ingredient in many prescription and over-the-counter drugs.

In this issue of 'Well Now' we'll take a closer look at caffeine--where it's found, what its affects are, the caffeine content of certain foods and we'll provide you some hints on how to consume less.

