

estrela bet I

estrela bet I 2024. Para colocar issoem estrela bet I perspectivas há apenas quatro países que são oá valor: Brasil 8/2 e França 💶 11/4 Pro Mundial se argent

ina2024 : OddS - Route To Final à

àrecorde oslympicà

à; Argentina-vs.france/football,head comto -cabeçaà

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àIntroduction: The Popularity of Celsius as an Energy Drinkà

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Among the many energy drinks available in the market, Celsius has gained a reput

ation as one of the strongest due to its high caffeine content. According to a r

ecent study, Celsius ha, 200mg of caffelNE per 16-ounce can, making it one Of t

he strangest energe drifts available (Feraco â Grigoletto, 2024).

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àHistorical Context: The Evolution of Energy Drinksà

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The use of caffeine in beverages has been traced back to ancient civilizations,

where it was commonly used as a stimulant. However, it wa, not until the 20th ce

ntury that energy drinks became popular. Today, energi drifts are marketed as di

etary supplements or soft dricks with various ingredients that provide a quick e

nergie boost (Campo et al., 2024).

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àResearch on Celsius and its Effectsà

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Several studies have examined the effects of Celsius on the human body. Research

suggests that caffeine consumption increases alertness and improves cognitive p

erformance by blocking adenosine receptors in the brain (Nehlig, 2010). However,

the effects Of caffelNE on the body depend on individual factors, such as age, b

ody weight, and tolerance (Cappelletti et al., 2024).

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àTable: Caffeine Content in Popular Energy Drinksà

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àEnergy Drinkà

àCaffeine Content (mg/16 oz)à

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àCelsiusà

à200à

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àMonsterà

à160à

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àRed Bullà