

# CAFFEINE

**CAN BE FOUND IN:**



**Soft Sweets**



**Soft drinks**



**Baked Goods**



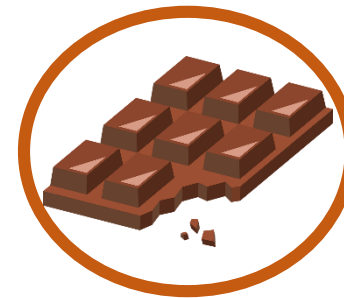
**Ice Cream**



**Food supplements**



**Energy Drinks**



**Chocolate**

# EFFECTS

All people are affected in different ways, depending on:



**Weight & Height**



**Age**

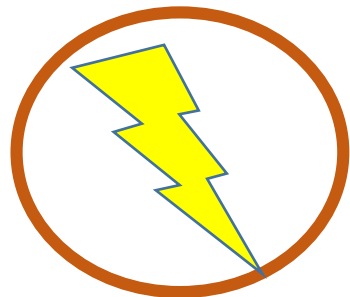


**Habits of consumption**

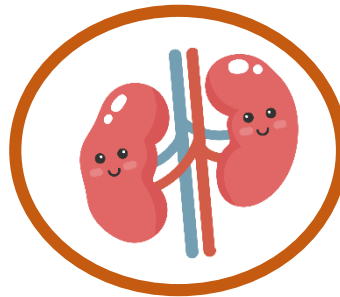


**Genetics**

**It may:**



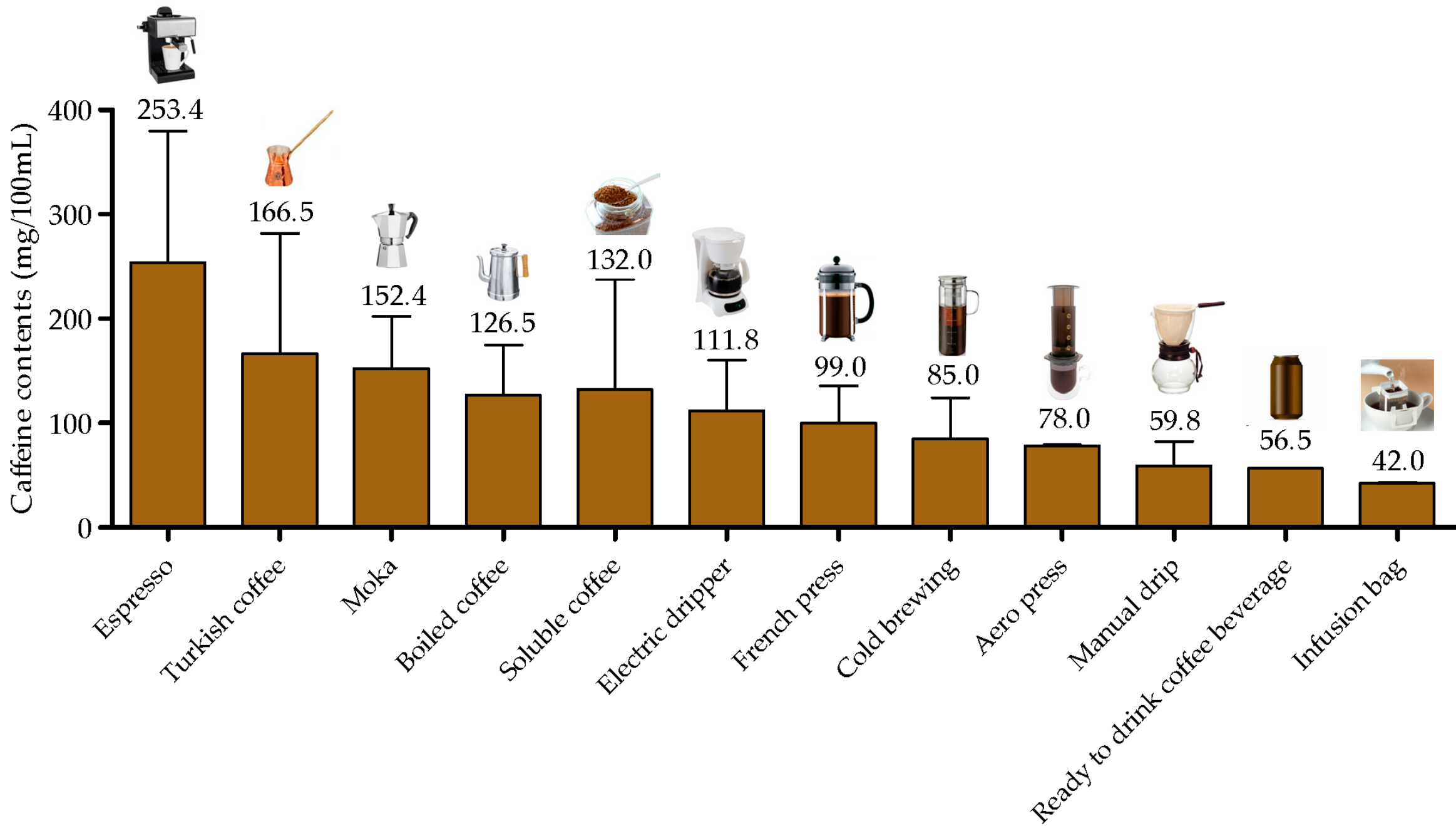
**Acts as stimulant**



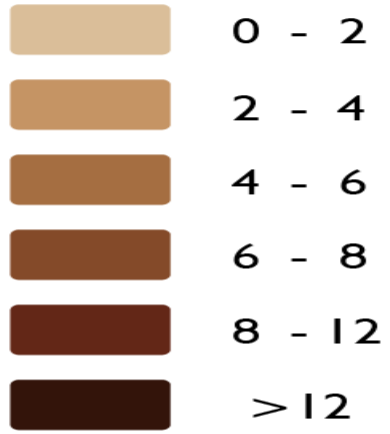
**Act as a diuretic**



**Affect sleeping**



**Annual coffee consumption**  
in kg per capita



**Highest**



**Lowest**

