



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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Donald Shelby:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book 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. it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to cover but this book possesses high quality.

Patricia Miller:

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