

Should Caffeine Be Regulated?

By Oscar Guerra, Shakeeb Zacky, and Sammy Fung

Information

- **Caffeine occurs naturally in leaves, seeds, or fruits of more than over 60 species of plants**
- **Includes coffee beans, tea leaves, dola nuts, cacao beans, guarana seeds and yerba mate leaves.**
- **Caffeine in plants act as a natural pesticide**
- **They paralyze and kill insects that attempt to feed on them**
- **The most common uses of caffeine are in tea, coffee, chocolate and soft drinks**
- **The world's most widespread and consumed psychoactive drug**



Posed Questions

The Pros

Sports Performance

- Improved physical endurance recognized by the European Food Safety Agency (EFSA)
- Post-workout muscle pain reduced by up to 48%
- Increases Glycogen levels in muscles by up to 66% if drunk after strenuous exercise
- Glycogen is what muscles use to fuel themselves, higher levels mean that they can be used for extended periods of time
- Effects on short-term, high intensity exercise remains inconclusive



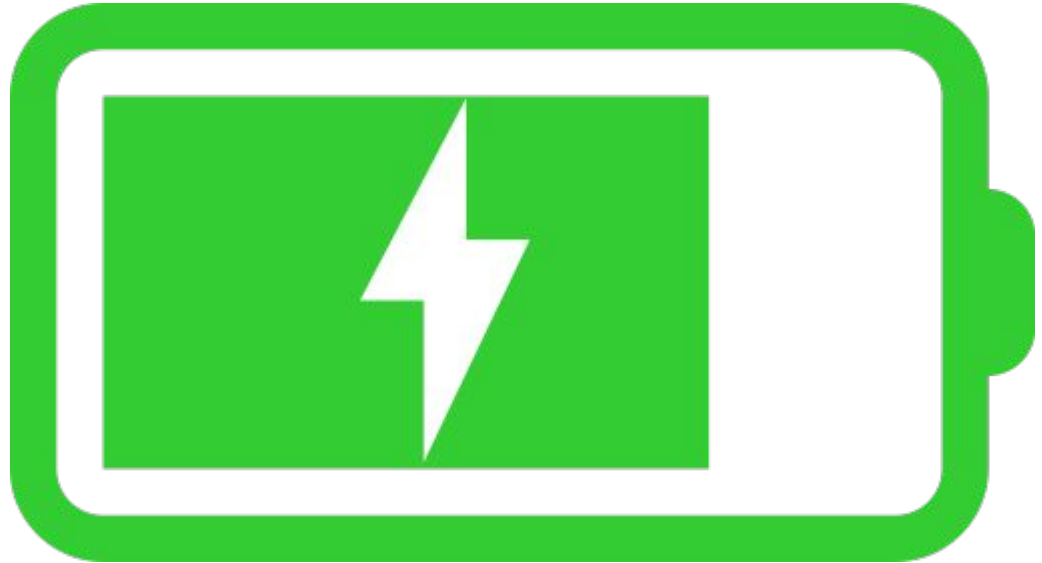
Health Benefits

- Regular coffee drinkers actually have a lower risk of many diseases including Cardiovascular disease and parkinson's disease
- Caffeine is also a stimulant so it has positive effect on the brain
- Reduced Kidney Stone risks
- Helps asthmatics breathe easier



Energy

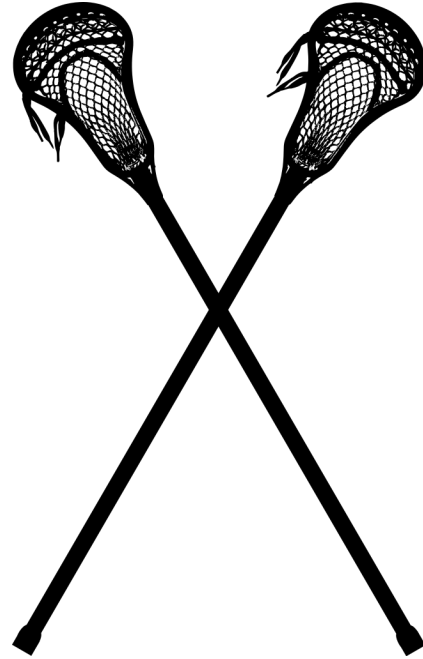
- Caffeine is notorious for providing an increase in energy and alertness
- It can improve memory, critical thinking and attention span



The Cons

Sports Performance

- Once caffeine intake has been stopped after regular use then muscle pain and headaches can be induced
- Interferes with bone ossification and leads to a higher risk of bone fractures when taken in high doses



Health Demerits

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-Impaired hearing loss recovery

-Caffeine overdose

-Reduced fertility rates in women by 27%

-More forceful heart contracts induced which is dangerous for those with medical conditions

-Insomnia



Depression

- A high caffeine intake can worsen symptoms of anxiety and depression
- A research conducted in 2016 found that, in 234 middle school students in Korea, a higher caffeine intake was linked to heavier weight, lower academic achievement, and a higher risk of severe depression.
- However, whether the caffeine leads to depression or depression causes people to consume more caffeine remains unclear.



Thank You for
listening!



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