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Caffeine is something that many people rely on daily basis, but what exactly is it?

In this website, you will find information about caffeine that you might not know about.

**Basic**

Caffeine is a world’s most consumed psychoactive drug. It usually is consumed through foods like coffee, soda, tea, and chocolate and has a bitter taste.

A plant alkaloid, found in numerous plant species, where it acts as a natural pesticide that paralyzes and kills certain insects feeding upon them.

**Chemistry**

Here’s some chemistry behind caffeine:

Formula: C8H10N4O2

Systematic name: 1,3,7-trimethyl-1H-purine-2,6(3H,7H)-dione

It is known that caffeine stimulates central nervous system, heart, muscle, and centers that control blood pressure. At the cellular level, caffeine locks the receptor used by adenosine (a brain modulator that provides feedback to avoid overstimulation of nerve cells). When this is the case, brain starts to get “excite” at cellular level.

**Food**

Caffeine is consumed as form of food, in many occasions as a drink. Its caffeine usually comes from plants that are used make them.

Coffee

Tea

Soda

Chocolate

For more effect, people tend to drink energy drinks that has been concentrated with caffeine and sugar (however, these drinks have lower caffeine but has more sugar).

Higher caffeine level does not necessarily mean that it will be stronger. For instance, energy drinks contain less caffeine than coffee, but it acts stronger than coffee.

To view the amount caffeine in each food, click here.

**Health**

There are many benefits and risks of caffeine. Researchers have found that moderate consumption have more benefits than risks of caffeine consumption.

Some benefits include:

Improving short memory and speeding up reaction time

Lowers risk of developing certain diseases like Parkinson’s

Reduces risk of gallstones

May help relieve headache

Reduces inflammation and heart related diseases

Some risks include:

Decrease of bone mineral density, leading to osteoporosis

Daily consumption can lead to higher blood pressure and sugar level

Increase risks of heart disease