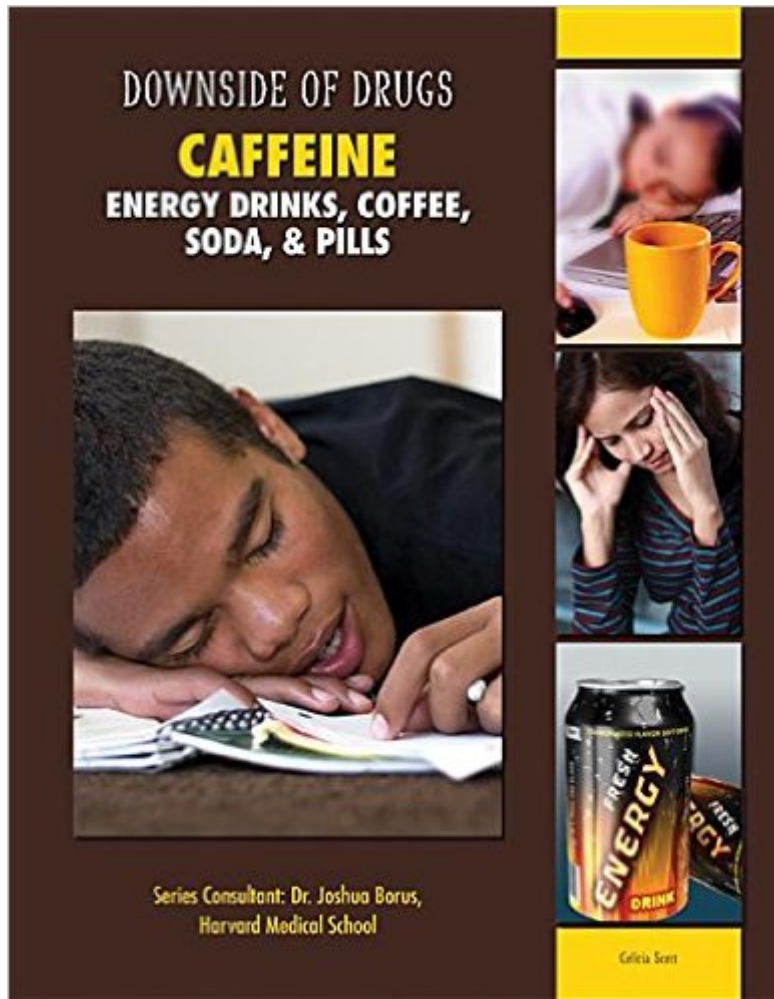


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# Caffeine: Energy Drinks, Coffee, Soda, & Pills (Downside Of Drugs)



## Synopsis

People around the world consume coffee, tea, energy drinks, soda, and pills that contain caffeine, without a thought for the consequences the caffeine may have on their lives. For young adults, these consequences are even more serious. With a vast industry targeting its marketing at young people, educating yourself is the essential first step to counter caffeine's possible effects on your life, from sleep problems to addiction. Discover the true effects of caffeine on your body. Learn about the downside of caffeine!

## Book Information

Series: Downside of Drugs (Book 11)

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Age Range: 12 - 17 years

Grade Level: 7 - 12

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