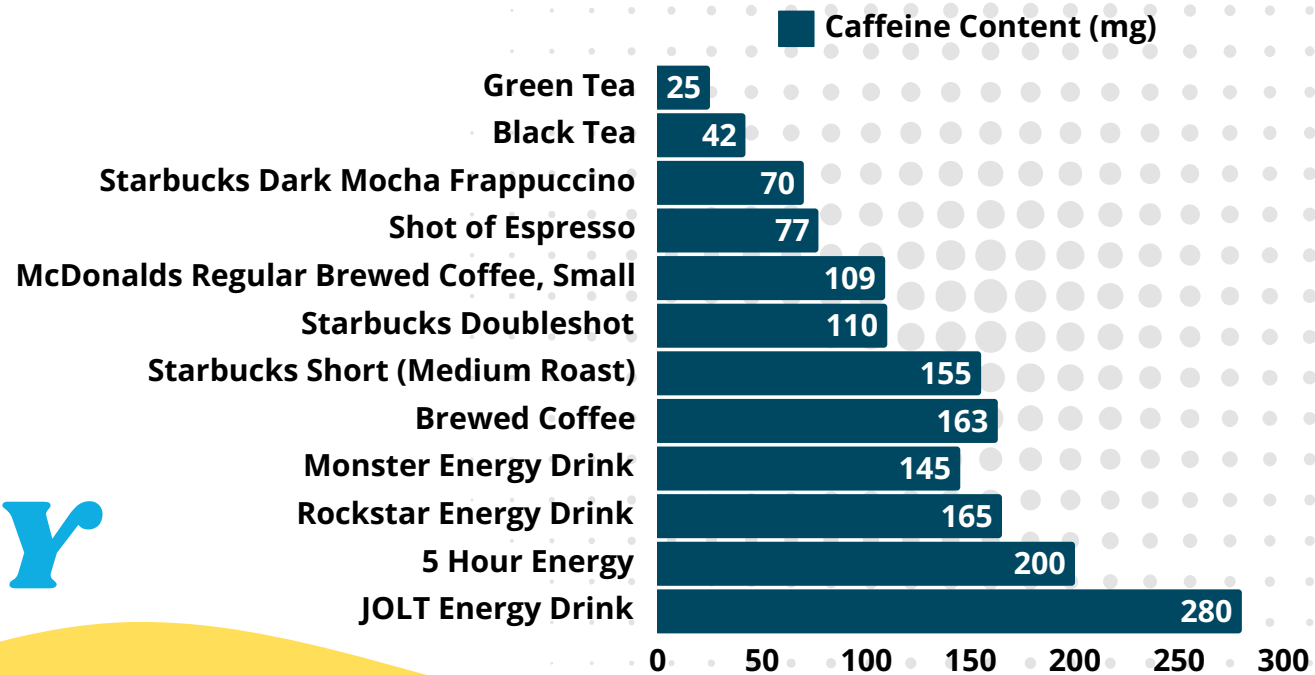


WHAT CAFFEINE DOES TO YOUR BODY



Break down of potential health risks when consuming 400 mg to 2000 mg of caffeine daily.



400 mg

- Increased anxiety
- Insomnia
- Heart problems



1000 mg

- Serious anxiety and mood disturbances
- Heart and cardiovascular risks
- Gastrointestinal issues
- Dehydration and electrolyte imbalance
- Bone health



1500-2000

- Severe restlessness and anxiety
- Serious cardiovascular issues
- Chronic digestive issues
- Muscle tremors
- Frequent urination and dehydration