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<h4>Introduction: The Popularity of Celsius as an Energy Drink</h4>

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Among the many energy drinks available in the market, Celsius has gained a reputation as one of the strongest due to its high caffeine content. According to a recent study, Celsius has 200mg of caffeine per 16-ounce can, making it one of the strongest energy drinks available (Feraco & Grigoletto, 2024).

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<h4>Historical Context: The Evolution of Energy Drinks</h4>

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The use of caffeine in beverages has been traced back to ancient civilizations, where it was commonly used as a stimulant. However, it was not until the 20th century that energy drinks became popular. Today, energy drinks are marketed as dietary supplements or soft drinks with various ingredients that provide a quick energy boost (Campo et al., 2024).

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<h4>Research on Celsius and its Effects</h4>

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Several studies have examined the effects of Celsius on the human body. Research suggests that caffeine consumption increases alertness and improves cognitive performance by blocking adenosine receptors in the brain (Nehlig, 2010). However, the effects of caffeine on the body depend on individual factors, such as age, body weight, and tolerance (Cappelletti et al., 2024).

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<h4>Table: Caffeine Content in Popular Energy Drinks</h4>

<table border="1">

<thead>

<tr>

<th>Energy Drink</th>

<th>Caffeine Content (mg/16 oz)</th>

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<tbody>

<tr>

<td>Celsius</td>

<td>200</td>

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<td>Monster</td>

<td>160</td>

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<tr>

<td>Red Bull</td>

<td>111</td>

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</table>

<h4>Implications: Responsible Consumption of Energy Drinks</h4>

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While Celsius is a strong energy drink, it is not suitable for everyone. People