

Fit 4 Ever: Caffeine Crash

With more than 500 new energy drinks launched worldwide this year, every parent and student in America needs to do their homework and be aware of what they are drinking. For instance, did you know that an 8-ounce Red Bull contains the caffeine equivalent of a cup of coffee (almost 2.5 times the amount in Coke)? Many of these drinks also pack in a ton of sugar and other “natural” ingredients, many of which are additional stimulants. As the popularity of energy drinks grows, it is important to have the information you need to make the best-possible decisions concerning your body.

Bible Reference:

James 1



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