

**The Caffeine Advantage: How To Sharpen Your Mind,  
Improve Your Physical Performance And Schieve Your  
Goals By Ph.D. Bennett Alan Weinberg Ph.D.;Bonnie  
Bealer**

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Understandably so, endurance athletes are always in search of a boost in energy and performance. More often than not, caffeine is the go-to for athletes.

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Caffeine and Coffee Expert Bennett Alan Weinberg Joins ExpertInsight. How to Sharpen Your Mind, Improve Your Physical Bonnie K. Bealer & Bennett Alan Weinberg.

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Find out just how much caffeine is in coffee, tea, soda, energy drinks and more.

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### **Caffeine - wikipedia, the free encyclopedia**

Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class of psychoactive drugs. It is the world's most widely consumed psychoactive drug, but

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Author: Bennett Alan Weinberg Ph.D., Bonnie Bealer, Title: The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance and Schieve Your Goals

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Low doses of caffeine cause increased alertness and decreased fatigue. Caffeine increases the metabolic rate. Negative effects Caffeine can increase blood

### **Coffee and health: what does the research say? -**

A perception on health benefits of coffee. Critical Reviews in Food Science and Nutrition. 2008;48:464. et al. Coffee, caffeine and coronary heart disease.

### **New clues on caffeine's health benefits - webmd**

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