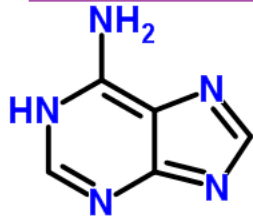
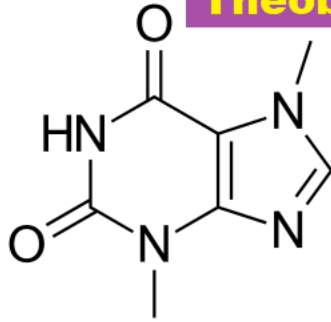


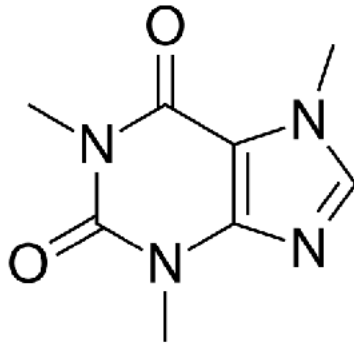
Adenine



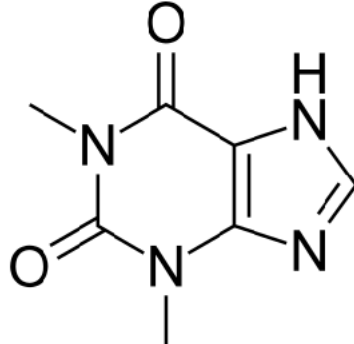
Theobromine



Caffeine, theobromine, theophylline are similar to DNA pair Adenine & Adenosine. They bind to adenosine receptors; theobromine is in cacao



Caffeine



Theophylline

Unfiltered coffee can raise cholesterol by 26 mg/dL ►
N Engl J Med; 308(24): 1454-7



The more caffeine teens used, the more violence & misconduct ► J Youth Adole 2013 Jul;42(7):1053-62. Same for sodas.



Fertility enemy #1: Coffee

Caffeine intake by men/women before conception increases miscarriage 74%, delays conception chance 4x, lowers baby IQ

Pregnancy caffeine can mean stillbirth risk 3 times higher, low birth weight 4.6 x higher, miscarriage 4 times higher



Image source: l1students.org

www.fightyourinfertility.com

Kids/adults with cardiomyopathy & other issues can die suddenly upon intake of caffeine. A teen died 2 hrs after an energy drink. Sodas, teas, chocolate have caffeine too.

Is it better to be safe than sorry? :)

Energy drinks impair endothelial function, increase platelet aggregation, raise blood pressure, induce heart palpitations in some people, besides causing insomnia. Studies found that students using more caffeine were more sleep deprived, violent, angry, irritable.