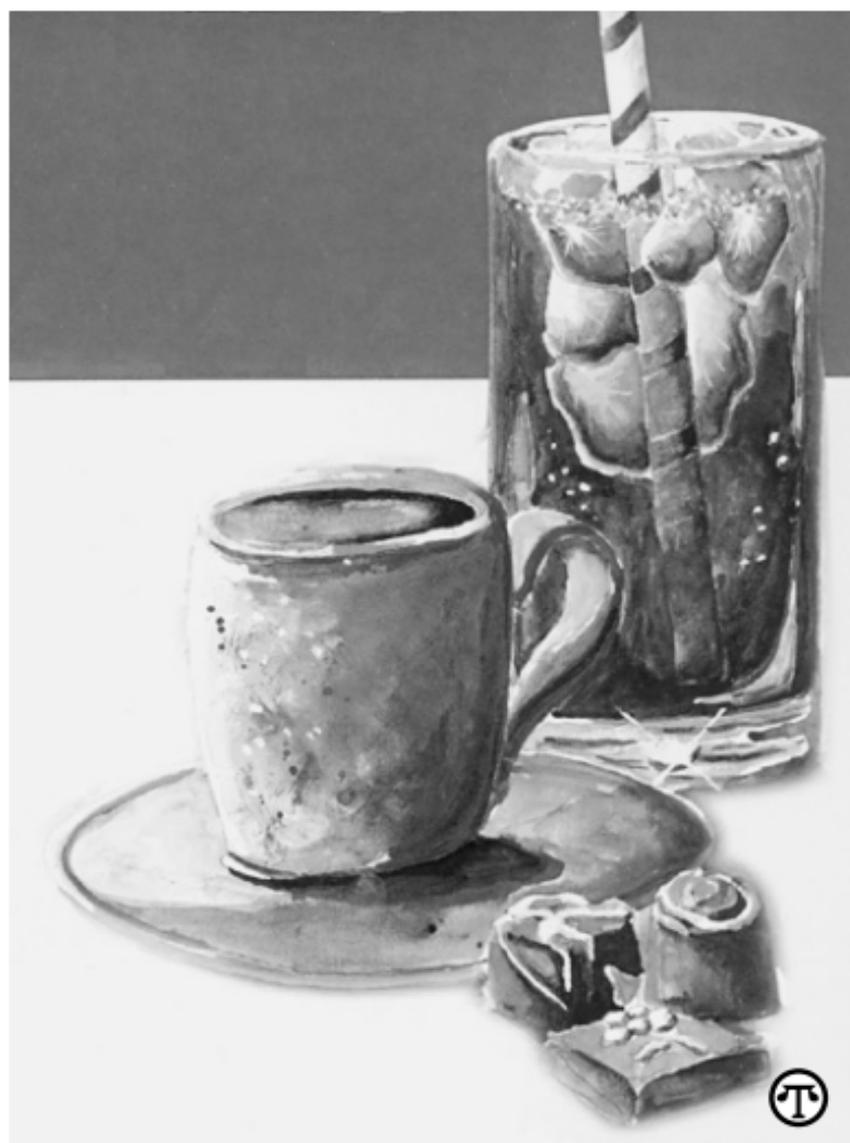


# Caffeine And Health

(NAPSA)—Whether you're waking up to the aroma of freshly brewed coffee, enjoying lunch with a refreshingly cold soft drink or relaxing in the evening with a cup of tea, these daily pleasures often have a common ingredient—caffeine.



**Caffeine—found in coffee, tea, chocolate and some sodas—is considered safe in moderation.**

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People have enjoyed foods and beverages containing caffeine for thousands of years. It is one of the most well-studied ingredients in the food supply. Even so, controversy and misperceptions about this food component continue.

Caffeine is a naturally occurring substance found in the leaves, seeds, or fruits of more than 60 plants. During the past two decades, extensive research has been conducted on the health aspects of caffeine consumption. Overwhelmingly, the research indicates that moderate caffeine consumption is safe for most people. A reasonable guideline for daily intake of caffeine is considered to be about 300 mg, which is equal to about three cups of coffee. Consumers with certain health problems may wish to consult with their physician or health care provider about caffeine consumption.

The amount of caffeine in various products can be found on many company Web sites and through company 800 numbers.

To learn more, visit the Web site of the International Food Information Council Foundation at <http://ific.org>.