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ancela todo seu ParaY</p>
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<article>
<h4>Introduction: The Popularity of Celsius as an Energy Drink</h4>
<p>
Among the many energy drinks available in the market, Celsius has gained a reput
ation as one of the strongest due to its high caffeine content. According to a r
ecent study, Celsius has 200mg of caffeine per 16-ounce can, making it one of th
e strongest energy drinks available (Feraco & Grigoletto, 2024).
</p>
<h4>Historical Context: The Evolution of Energy Drinks</h4>
<p>
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 ce
ntury that energy drinks became popular. Today, energy drinks are marketed as di
etary supplements or soft drinks with various ingredients that provide a quick e
nergy boost (Campo et al., 2024).
</p>
<h4>Research on Celsius and its Effects</h4>
<p>
Several studies have examined the effects of Celsius on the human body. Research
suggests that caffeine consumption increases alertness and improves cognitive p
erformance 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).
</p>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Celsius</td>
<td>200</td>
</tr>
<tr>
<td>Monster</td>
<td>160</td>
</tr>
<tr>
<td>Red Bull</td>