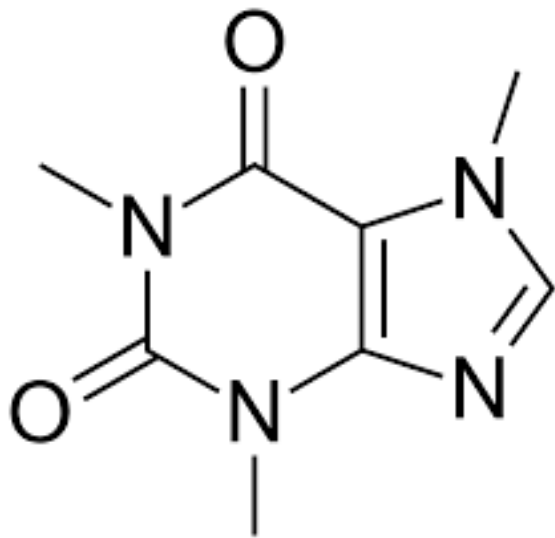


- CAFFEINE -



Chemical Formula: $C_8H_{10}N_4O_2$

Elements: Carbon, Hydrogen, Nitrogen, and Oxygen

Where it's Found: Caffeine can be found in the leaves and fruit of some plants.

Applications: Caffeine is a stimulant, which means it increases activity in your brain. People LOVE to consume caffeine through things like coffee, tea, energy drinks, and chocolate!

Impact: Caffeine has become part of a daily routine for many people. After consuming caffeine, you might feel more alert and awake. You might also feel your heart beat faster, and your palms may begin to sweat. Consuming too much caffeine can be harmful; doing so can make people more anxious, irritated, and can lead to poor sleep.



