

## ‘NUTRITIONAL TIPS’

### CAFFFEIN

Can't seem to start the day without a cup of coffee?

Caffeine, the stimulant that gets you going, is one of the world's most widely used drugs. It has been a part of our diet for centuries. Coffee is the chief source of caffeine, but soft drinks run a very close second.

Here are some facts about caffeine:

- Contrary to popular belief, a cup of coffee cannot help sober up a person who has been drinking.
- Non-colas aren't necessarily caffeine free. Be sure to read the label if you're trying to cut down.
- Caffeine is an ingredient in more than 1,000 over-the-counter drugs and prescription drugs.
- Hot chocolate and tea have derivatives or cousin chemicals to caffeine. Many people think they can not drink coffee before bed and supplement hot chocolate and or tea. Hot Chocolate has ‘Theobromine’ and tea contains ‘Theophylin’. You know that regular good old chocolate has lots of caffeine, right. Got the buzz?

For most people moderate amounts of caffeine cause no physical harm. But for some, excessive caffeine can cause anxiety, insomnia, headaches or stomach irritation. If you're experiencing any of these symptoms and you think caffeine may be the culprit, contact your doctor or a [registered dietitian](#).

**“Welcome Aboard!”  
“Enjoy The Ride!”**

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