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&lt;h4&gt;Introduction: The Popularity of Celsius as an Energy Drink&lt;/h4&gt;  
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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 ha, 200mg of caffeine per 16-ounce can, making it one Of t  
he strangest energy drinks available (Feraco & Grigoletto, 2024).

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&lt;h4&gt;Historical Context: The Evolution of Energy Drinks&lt;/h4&gt;  
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The use of caffeine in beverages has been traced back to ancient civilizations,  
where it was commonly used as a stimulant. However, it wa, 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  
nergie boost (Campo et al., 2024).

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&lt;h4&gt;Research on Celsius and its Effects&lt;/h4&gt;  
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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, b  
ody weight, and tolerance (Cappelletti et al., 2024).

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&lt;h4&gt;Table: Caffeine Content in Popular Energy Drinks&lt;/h4&gt;

Energy Drink	Caffeine Content (mg/16 oz)
Celsius	200