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Introduction: The Popularity of Celsius as an Energy Drink

Among the many energy drinks available in the market, Celsius has gained a reputation as one of the strongest due to its high caffeine content. According to a recent study, Celsius has 200mg of caffeine per 16-ounce can, making it one of the strongest energy drinks available (Feraco & Tj T* BT /

Historical Context: The Evolution of Energy Drinks

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 century that energy drinks became popular. Today, energy drinks are marketed as dietary supplements or soft drinks with various ingredients that provide a quick energy boost (Campo et al., 2021).

Research on Celsius and its Effects