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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 & Grigole) Tj T* BT /P

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., 2024).

Research on Celsius and its Effects

A family member or folk healer often treats susto using magico-religious techniques (Rubel 1960) in which the soul is returned to the body, or through ethnopharmacological techniques in which susto is cured by taking indigenous medications (Trotter 1982).

The Role of Susto - University of Nevada, Las Vegas

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Chamomile/manzanilla

is one of the most common natural aids for anxiety and mild depression in the Mexican culture and is thought by many to be a great sleep aid.

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