

ONE

EFFECTS ON BODY;

**Increased chance of heart attack, headaches.
Increased anxiety, insomnia**

TWO

EFFECTS ON BODY;

**Obesity, increased risk of diabetes, high
blood pressure**

THREE

EFFECTS ON BODY;

Erosion of teeth, vomiting, addiction

FOUR

EFFECTS ON BODY;

**Itching, dizziness, skin flushing, rapid heart
rate**

FIVE

EFFECTS ON BODY;

Reduces anxiety symptoms associated with caffeine intake but as it effects your heart rate it can be harmful mixed with caffeine

SIX

EFFECTS ON BODY;

Herbal remedy that can stimulate physical and mental activity but may cause severe allergic reactions, rashes and itching