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### **Caffeine - benefits and risks - disabled world**

Caffeine, the main ingredient found in coffee is a stimulant. It causes your heart rate to increase, your pupils to dilate, and your muscles to tighten up.

### **Caffeine - wikipedia, the free encyclopedia**

Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class of psychoactive drugs. It is the world's most widely consumed psychoactive drug, but

### **The benefits of caffeine for endurance athletes |**

Understandably so, endurance athletes are always in search of a boost in energy and performance. More often than not, caffeine is the go-to for athletes.

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