

## THE CAFFEINE EFFECTS ON HEALTH (ВПЛИВ КОФЕЇНУ НА ЗДОРОВ'Я ЛЮДИНИ)

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*У доповіді йдеться про те, як впливає кофеїн на здоров'я людини, яка користь від споживання кави, а також якої шкоди вона завдає організму. Визначено, яка дена доза споживання кофеїну припустима і за яких умов варто її обмежити.*

Many of us rely on a morning cup of coffee or a jolt of caffeine in the afternoon to help us get through the day. Caffeine is a stimulant and the most commonly used drug in the world. Every day millions of people consume it to increase wakefulness, alleviate fatigue and improve concentration. Every year 580-590 billion cups of coffee have been drunk, that means that every day people drink 1.6 billion cups of an invigorating drink.

Amid myths and controversy about whether caffeine is good or bad for us, evidence suggests that moderate coffee consumption can bring both benefits and risks.

However, a high consumption of caffeine may not be healthful. For most people, a healthy daily dose of caffeine is 300 mg. This is the equivalent of three small cups of strong coffee. Caffeine is considered one of the best natural stimulants. It reduces the feeling of fatigue, improves attention and mood. The main sources of this substance are coffee, tea, and chocolate.

Fortunately, drinking coffee in moderation has a positive effect on the central nervous system: it improves mood, increases physical and mental activity. Caffeine stimulates the nervous system, increases muscle tone, accelerates metabolism. Caffeine increases the level of dopamine in the brain, which makes us feel more energetic and more fun.

The other side of the coin is, however, that the overdose of the drink can cause the great harm to our tissues and organs.

Drinking more than 600 ml at one time cause weakness, palpitations, nausea and dizziness. The overabundance of caffeine causes the risks of losing consciousness, decreased clarity of vision, and loss of orientation increase. The abuse of coffee with high blood pressure, cardiovascular pathologies, inflammation of the stomach and pancreas is especially harmful. In conclusion, I can say that here is enough where there is not too much.