

Caffeine

Caffeine is the most widely used drug.

Because it is so commonly found in our everyday lives, a lot of people don't even realize that caffeine is a drug. Most of you know that there is caffeine in coffee. Did you know that tea, colas, chocolate, stay-awake pills and some headache and cold remedies also contain caffeine?

It is known as a stimulant, which means that it can wake you up or give you a boost of energy. However, it affects different people in different ways, and depends on how much you take. Large amounts can harm your stomach or make you tired or restless. Even small amounts can also make you nervous, sleepy or sick.

It is addictive, so in time your body can become dependent on it. If choosing a healthy lifestyle is important to you, you may wish to consider limiting your use of caffeine.