

Special Issue

Caffeinated Beverage Consumption: Health Benefits and Risks

Message from the Guest Editors

Caffeine, a stimulant found naturally in coffee and tea and added to energy drinks, has been widely studied for its physiological and cognitive benefits. Research indicates that moderate caffeine intake may offer health benefits, such as enhanced cognitive function, improved athletic performance, and a reduced risk of certain diseases, including Parkinson's disease and type 2 diabetes. This Special Issue will showcase comprehensive studies that examine both the positive and negative health and performance outcomes associated with caffeinated beverage consumption. We invite original research articles and reviews that delve into various aspects, including the impact of caffeine on cardiovascular health, metabolic processes, neurological functions, and athletic performance and its role in disease prevention or progression. Submissions focusing on different population groups, consumption patterns, and the influence of other compounds present in caffeinated beverages are particularly welcome.

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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