



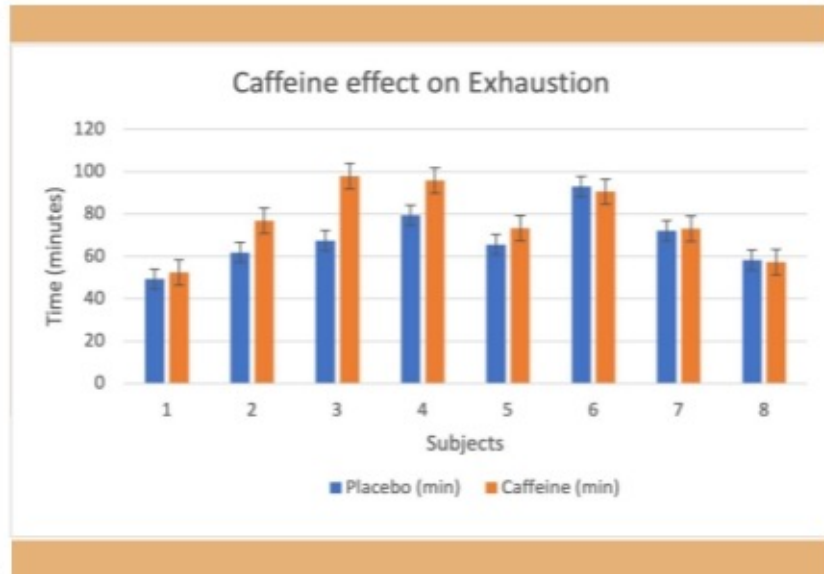
# CAFFEINE

IS

THE BEST MOTIVATOR

## STUDIES SHOW THAT CAFFEINE CAN IMPROVE ENDURANCE AND STAMINA

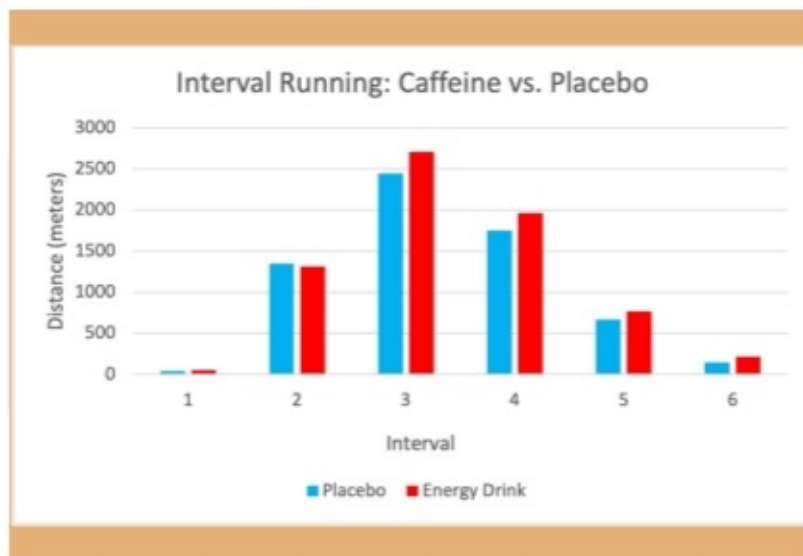
Caffeine reduces the short-term effects of exhaustion, allowing people to work harder and run further.



Sources:

<https://tinyurl.com/5pvcx7ez>

<https://tinyurl.com/hwpw8djd>



Athletes who use caffeine run further than those who do not!



Caffeine comes in many different forms, amounts, and flavors!

