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A very common pattern is to have coffee in the morning and then an energy drink or soda either at mid-morning or mid-afternoon or with lunch. And so yeah, there ' s a number of different ways that you can get your caffeine. Another challenge is that, particularly with coffee, the caffeine content can vary widely.

~~Health Effects of Caffeine — Both Harmful and Helpful ...~~

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On average, Americans take a mere twenty-four milligrams of caffeine from tea daily, a tenth of our total caffeine consumption. We get nearly twice as much caffeine from soft drinks and six times as much from coffee. Whenever we discuss our tea habits, the conversation invariably turns to British tea drinking.

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