

# WHAT'S SO BAD ABOUT CAFFEINE?

## SLEEP DISTURBANCES

Caffeine can make it hard to fall asleep, stay asleep, and can make you feel groggy upon rising.

## DIGESTIVE ISSUES

Caffeine irritates the stomach lining, causing excessive production of stomach acid, which can lead to a variety of digestive disorders.

## NEUROLOGICAL DISTURBANCES

Headaches, reduced bloodflow to the brain and anxiety are just a few conditions that can be caused by excessive use of caffeine.

## NUTRITIONAL DEFICIENCIES

Frequent caffeine intake can cause a significant loss of several vitamins and minerals, including vitamins B and C, calcium, iron and zinc.

