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<h4>Introduction: The Popularity of Celsius as an Energy Drink</h4>
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Among the many energy drinks available in the market, Celsius has gained a reput
ation as one of the strongest due to its high caffeine content. According to a r
ecent study, Celsius ha, 200mg of caffeine per 16-ounce can, making it one of t
he strangest energy drinks available (Feraco & Grigoletto, 2024).

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<h4>Historical Context: The Evolution of Energy Drinks</h4>
<p>

The use of caffeine in beverages has been traced back to ancient civilizations,
where it was commonly used as a stimulant. However, it was not until the 20th ce
ntury that energy drinks became popular. Today, energy drinks are marketed as di
etary supplements or soft drinks with various ingredients that provide a quick e
nergy boost (Campo et al., 2024).

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<h4>Research on Celsius and its Effects</h4>
<p>

Several studies have examined the effects of Celsius on the human body. Research
suggests that caffeine consumption increases alertness and improves cognitive p
erformance by blocking adenosine receptors in the brain (Nehlig, 2010). However,
the effects of caffeine on the body depend on individual factors, such as age, b
ody weight, and tolerance (Cappelletti et al., 2024).

<p>
<h4>Table: Caffeine Content in Popular Energy Drinks</h4>

<table border="1">
<thead>
<tr>
<th>Energy Drink</th>
<th>Caffeine Content (mg/16 oz)</th>
</tr>

</thead>
<tbody>
<tr>
<td>Celsius</td>
<td>200</td>
</tr>
<tr>
<td>Monster</td>
<td>160</td>