

## Do Caffeine's Effects Differ With or Without Sugar?

Written by Business News

---

Consuming caffeinated or sugary drinks can affect the body's metabolism, causing changes in heart and respiratory rate and weight gain. The results of a new study exploring whether individuals respond differently to caffeinated drinks that do or do not contain sugar and to sugar alone are published in *Journal of Caffeine Research: The International Multidisciplinary Journal of Caffeine Science*, a peer-reviewed publication from Mary Ann Liebert, Inc., publishers. The article is available free on the *Journal of Caffeine Research* website until January 16, 2015.

**Read more** <http://www.alphagalileo.org/ViewItem.aspx?ItemId=148302&CultureCode=en>