



# Sustaining the Caffeine Advantage: The Science of Sustained Energy, Exercise, and Fat Burning

*Jose Antonio PhD*

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**Sustaining the Caffeine Advantage: The Science of Sustained Energy, Exercise, and Fat Burning** Jose Antonio PhD

Caffeine is one of the most commonly consumed substances in the world. Whether in a beverage such as coffee or tea or as a supplement, caffeine is most often used for its well-known energy-boosting properties and its ability to improve concentration. With traditional caffeine-delivery systems, however, these benefits peak early and then quickly fade. This title reveals times are changing. The benefits of caffeine can now last throughout the day. How? With the newest method of caffeine delivery-sustained release caffeine.

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