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Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

Informative Speech Outline

Alyssa H

Topic: Truth about Caffeine

General Purpose: To Inform

Specific Purpose: To inform my audience about the positive and negative points of one of the widely used products that are caffeine

Thesis: Caffeine is the most widely used product and has the beneficial as well as negative impacts on the human body

I. Introduction

A. Attention Getter: Caffeine is pervasively used in our society. It is impossible to think of a day without coffee. Every other day, a study reveals that it is not good for health and it has adverse effects on it. Is this believable? It requires the caffeine user to have a look at the quantity of caffeine being consumed because generally, an excess of everything is bad.

B. Thesis Statement: Caffeine is the most widely used product and has the beneficial as well as negative impacts on the human body

C. Credibility Statement:

Different studies have been examined to get information about caffeine effects.

D. Preview of Main Points:

 1. Beneficial effects of caffeine

 2. Negative effects of caffeine

 3. Safe levels of caffeine use

II. Caffeine is something consumed every day, and it has negatives and positives. It is fine to use caffeine for a certain level to avoid the demerits and enjoy benefits.

1. Caffeine consumptions result in the positive effects
2. Caffeine acts as a stimulant and increases attention spans

a. It activates the central nervous system of the human body

1. Beneficial for those who drive alone or are doing a tedious task which requires attention
2. Antioxidants present in caffeine helps in the prevention of cancer and many other diseases (Butt, 2011)
3. It decreases the risk of two types of diabetes
4. It relieves muscle pain after work-out and helps in better sleep.

Transition: Now that we have learned about the benefits of caffeine, let’s move towards the negative impacts it can have.

1. Excessive consumption of caffeine is linked with the disastrous impacts on human health.
2. More caffeine consumptions are associated with the danger of early death.
3. It increases blood pressure
4. Caffeine causes indigestion when consumed on an empty stomach
5. It sometimes causes allergy issues to the consumer
6. It contributes to forceful heart contractions (Nawrot, 2003)
7. Excessive use of caffeine leads to the depression, anxiety and even results in need of medication
8. Studies reveal that women using caffeine in high quantity develop incontinence.
9. It is also not considered as beneficial for the pregnant women
10. It increases the risk of low weight babies and early pregnancy

Transition: after understanding the positive and negative impacts of caffeine consumptions, it is important to see how much quantity of caffeine is acceptable.

1. Caffeine is safe if used in suitable quantity.
2. Negative impacts of caffeine are associated with the quantity in which it is consumed.
3. Moderate consumption of caffeine is not considered as harmful ("Caffeine: How much is too much?", 2019).
4. Having up to 3 cups of coffee a day or 250 mg caffeine is moderate quantity to be consumed.
5. The strength of the brew is dependent on the type of coffee beans being consumed.
6. For most of the adults 400mg of caffeine per day is safe ("Caffeine: How much is too much?", 2019).
7. In the case of sodas and other beverages, the caffeine content varies especially in energy drinks, that must be considered to have a check on caffeine consumption.

III. Conclusion

A. Review of Main Points:

 1. I first discussed what the positive impacts or health benefits of caffeine consumptions are

 2. Second, the discussion was about what can be the negative effects of caffeine consumption on human health

 3. Finally, the discussion is about what is a suitable quantity of caffeine consumption to avoid any harmful impacts.

B. Restate Thesis: Caffeine is the most widely used product and has the beneficial as well as negative impacts on the human body

C. Closure: to conclude, the most common beverage consumed daily and even twice or thrice a day can have both positive and negative impacts on human health. It depends on the quantity of beverage consumed. If consumed in suitable quantity its negative impacts can be reduced, and benefits can be enjoyed. Personal factors cannot be ignored while examining the impacts of caffeine, such as general health, weight, and personal sensitivity.

# References

Butt, M. S. (2011). Coffee and its consumption: benefits and risks. *Critical reviews in food science and nutrition, 51(4)*, 363-373.

Nawrot, P. J. (2003). Effects of caffeine on human health. *Food Additives & Contaminants, 20(1)*, 1-30.

Caffeine: How much is too much?. (2019). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>