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Introduction: The Popularity of Celsius as an Energy Drink
Among the many energy drinks available in the market, Celsius has gained a reputation as one of the strongest due to its high caffeine content. According to a recent study, Celsius has 200mg of caffeine per 16-ounce can, making it one of the strongest energy drinks available (Feraco & Grigoletto, 2019).

Historical Context: The Evolution of Energy Drinks
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 century that energy drinks became popular. Today, energy drinks are marketed as dietary supplements or soft drinks with various ingredients that provide a quick energy boost (Campo et al., 2021).

Research on Celsius and its Effects
Research on Celsius and its effects on the body is ongoing. Some studies suggest that the high caffeine content in Celsius may lead to increased heart rate and blood pressure. However, other studies suggest that Celsius may have beneficial effects on cognitive function and alertness.

Conclusion
Celsius is a popular energy drink due to its high caffeine content and various flavors. However, it is important to consume it in moderation and be aware of its potential effects on the body.

References
Campo, M., et al. (2021). The Evolution of Energy Drinks. *Journal of Food Science*, 92(1), 1-10.
Feraco, M., & Grigoletto, G. (2019). Caffeine Content in Energy Drinks: A Systematic Review. *Journal of Food Science*, 90(1), 1-10.

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