

## E1010 User Guide

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Associations between caffeine intake and stress, anxiety, and depression. The consumption of caffeinated beverages is known to be a coping strategy used by college students in the management of stressful academic situations (Lazarus, 1993; Thoits, 1995), with 49% of a representative stratified sample of Puerto Rican students reporting caffeinated products to be useful for coping with stress ...

### Caffeine consumption and self-assessed stress, anxiety, and depression ...

Protein intake that exceeds the recommended daily allowance is widely accepted for both endurance and power athletes. However, considering the variety of proteins that are available much less is known concerning the benefits of consuming one protein versus another.

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