



The  
**PTI BUZZ**  
Carol Kur, MSRD

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**Caffeine may be hiding in supplements you are taking. How do you know?**



About half of adults in the United States report consuming dietary supplements regularly. What they may not know is that some of these supplements contain caffeine, even if it's not listed on the label. If you are caffeine sensitive "Be Aware".

At least 53 dietary supplements contain caffeine. These ingredients can give you up to 800 mg vs 95 mg in a cup of coffee.

- guarana
- yerba mate
- kola nut
- green tea extract

The amount of caffeine in a product does not have to be on the label.

**Now that the weather is warming up, fly a kite, have some fun and burn 100 calories in 20 minutes!!!**

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