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oct 4 at 6 05 a m 1221 do you start your mornings with a potent dose of caffeine from a freshly brewed cup of joe or do you prefer a slightly less caffeinated nudge from a warm and gentle cup

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what s the difference between coffee and tea tea and coffee are the two most common beverages in the world they are widely believed to be addictive and hazardous to health when taken in large quantities black coffee and tea with milk and cream history of tea vs coffee both coffee and tea have l

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learn how much caffeine is in different types of tea and coffee and how it varies by preparation method find out the health benefits and risks of caffeine and which drink you should choose based on your preferences and needs

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