

## **IronPower Gives The Amazing Benefits of Caffeine and How To Use It To Boost Performance**

*Fitness, training, and bodybuilding authority IronPower releases a special report written by Richard Hargreaves, Mr. Australia, on the amazing little known benefits of caffeine and how to use it for fat burning and to boost both physical and mental performance.*

**Melbourne, Victoria, Australia – 01 March 2012** – IronPower (<http://ironpower.biz/>), an established and respected supplement company specializing in developing, testing, and manufacturing sports performance and physique enhancement products, has just released “*The Benefits of Caffeine and How To Use It.*” Written by Richard Hargreaves, Mr Australia, it is an in-depth report on the advantages of taking caffeine and how it should be taken. This special report is in e-book format and is available for free to help people correct their misconceptions on caffeine and to realize its many benefits.

There are a lot of negative things said and published about caffeine, how it is often and very much maligned. Some of the negative effects of caffeine intoxication include anxiety, nervousness, restlessness, gastrointestinal upset, insomnia, tremors, rapid heartbeats (tachycardia), and tinnitus (ringing in ears). But it must be noted that caffeine only becomes toxic when taken at high doses.

On the contrary, university studies confirm many benefits: that caffeine is a powerful, potent, physical and mental performance booster. Caffeine makes most users more alert, and there are researches that suggested that it may reduce the risk of diseases like Parkinson's. There are also reports that showed that it has a protective effect against certain cancers. Another little known fact is just how incredibly effective it is at breaking down stored fats so that they can be burnt as energy. Says Richard Hargreaves, former Mr. Australia, and author of the report, “*For years, all I heard or read in the news and other media was how bad caffeine was. But when I started to do some research for a magazine article I was writing on caffeine I became amazed at all the positive benefits there were to caffeine. I found dozens of published scientific studies that revealed many good things that were seldom mentioned or publicized. My research uncovered so many performance boosting benefits, and other health benefits, that it proved to me caffeine was not the bad kid on the block that so many others made it out to be.*”

Steve J, a pharmacist, says, “*Caffeine can be very harmful when taken at sufficiently high doses, but ordinary consumption poses few known health risks. Reading this book gives so much useful insights on the performance boosting benefits of caffeine,*” and May T., a sports enthusiast from Melbourne, reckons “*I highly recommend this special report because it may just help you realize that caffeine really isn't the bad guy. Read it now and you'll be more informed.*” In this 18-page report, IronPower published a very detailed explanation on the advantages of using caffeine and how it can be appropriately taken to avoid excess dosage. Through this special issue, IronPower included dosages and procedures for specific results in enhancing physical performance. Used sensibly and correctly, it is possible to significantly boost sports performance, mental performance, and burn more body fat for physique enhancement, without risking your health or sending you crazy.

Caffeine can be your best friend if taken properly, but it can also be your worst enemy if taken in excessively high doses. This report helps you keep it as a friend. To get a copy of this issue, please visit [http://ironpower.biz/products\\_caffeine\\_bulk.htm](http://ironpower.biz/products_caffeine_bulk.htm).