

GUARANINE

Meaning: Guaranine is a stimulant compound found in guarana seeds, often associated with enhancing cognitive function and alertness.

1. Guaranine is often cited as the primary active ingredient in guarana seeds.
2. Some researchers believe that guaranine may enhance cognitive function and alertness.
3. Athletes sometimes use supplements containing guaranine for its potential energy-boosting effects.
4. The discovery of guaranine has led to increased interest in natural sources of caffeine.
5. Many energy drinks now include guaranine as an ingredient to appeal to health-conscious consumers.

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