

STIMULANT

Meaning: A stimulant is a substance that increases physiological or nervous activity in the body, often enhancing energy, alertness, or focus.

1. Caffeine is a common stimulant that many people rely on to boost their energy levels in the morning.
2. The doctor explained that some medications act as stimulants, increasing alertness and focus.
3. Exercise can serve as a natural stimulant, enhancing mood and mental clarity.
4. In some cultures, certain herbs are used as stimulants to improve cognitive function and endurance.
5. While stimulants can enhance performance, they can also lead to negative side effects if used excessively.
6. Caffeine is a common stimulant found in coffee and tea that can enhance alertness.
7. Many athletes use natural stimulants to improve their performance during competitions.
8. The doctor warned her about the potential side effects of taking certain prescription stimulants.
9. In small doses, a stimulant can boost concentration and focus, but too much can lead to anxiety.
10. Some people rely on stimulants to help them stay awake during long work hours or study sessions.

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