Evaluation of the caffeine content in servings of popular coffees in terms of its safe intake-can we drink 3-5 cups of coffee per day, as experts advise?

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Nutrients 2024; 16(15)

ARTICLE IDENTIFIERS

DOI: 10.3390/nu16152385

PMID: 39125266

PMCID: PMC11314177

JOURNAL IDENTIFIERS

LCCN: 2010243483 pISSN: not available eISSN: 2072-6643 OCLC ID: not available CONS ID: not available

US National Library of Medicine ID: 101521595

This article was identified from a query of the SafetyLit database.