

SIP SMART! BC™

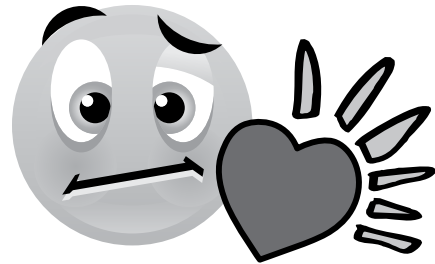
CAFFEINE SYMPTOMS



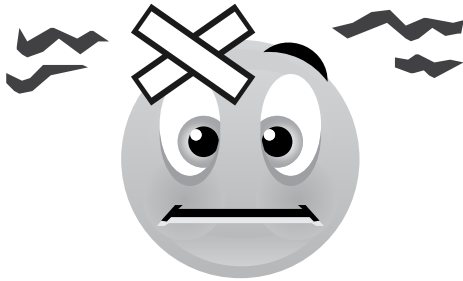
mind wandering



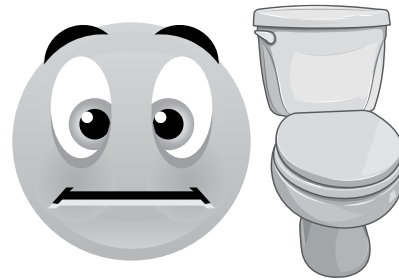
heart beating too fast



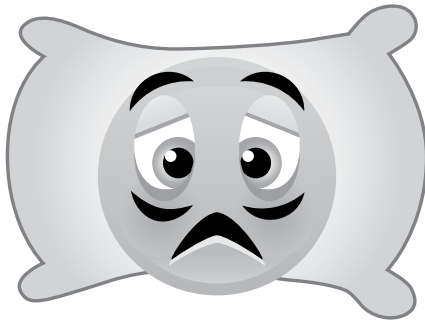
headache



more trips to the bathroom



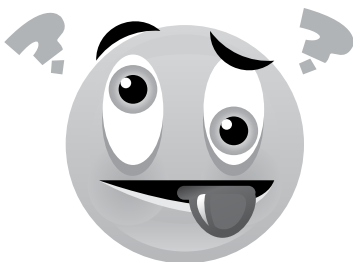
tired/trouble sleeping



feeling sick



fidgity and restless



irritable and anxious

