

[54] **CAFFEINE ANTAGONIM**

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[57] **ABSTRACT**

Disclosed are a method and composition for controlling the sleep disturbing characteristics of caffeine-containing beverages which avoid the need for removing the caffeine. This is accomplished by including nicotinic acid or a soluble salt thereof in the beverage in an amount which is greater than that naturally present and which is effective to antagonize the sleep disturbing characteristics of the caffeine in the beverage.

14 Claims, No Drawings