

**Effects of caffeinated gum on a battery of soccer-specific tests in trained university-standard male soccer players**

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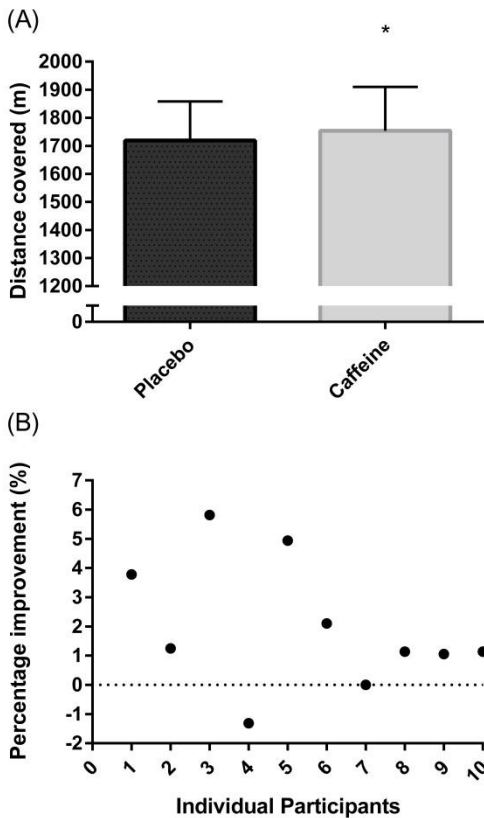
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**FIGURE 1.** (A) Total distance covered on the Yo-Yo intermittent recovery test level 1 ( $n = 10$ ). Data are expressed in as mean  $\pm$  SD. \* Caffeine significantly higher than placebo ( $p = 0.016$ ). (B) Individual participant data on percentage improvement after caffeine ingestion. Dotted line represents no change.