**Does Caffeine Dehydrate You?**

A theory was made in 1928 that drinking a caffeine source liquid, specifically coffee would make the user urinate more often than usual, this myth classified coffee as diuretic. Armstrong conducted a test with other groups of scientists. His goal was to test if caffeine actually made the human body dehydrate after consumption, he controlled the caffeine diets for 52 people, some of them drinking small amounts of coffee while some were told to drink high amounts of coffee. The result was that the amount of people urinated was balanced out, no matter how much the subjects drank the output would be the same, the bathroom usage was high for the subjects but no signs of dehydration was found within them. This proved Armstrong that the caffeine myth is fake, he said that the bathroom usage is no different if the person just drank water on a daily basis. Many other caffeine experts say the same thing about coffee on how it does make the user urinate more but it does not dehydrate the user. In conclusion drinking high amount of coffee is okay for you as it will just make you walk to the washroom more often, but it does not dehydrate you so this myth is a total BUST

Sources below

<https://www.livescience.com/55479-does-caffeine-cause-dehydration.html>

<http://nationalpost.com/health/nutrition-fact-or-fallacy-does-coffee-dehydrate-you>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/caffeinated-drinks/faq-20057965>