

Sampler of testing results

Similarity Report – 56%

AI Report (Version 1) – 48%

Page 1 contains text that has been directly copied from Wikipedia, without any AI-generated writing. However, the AI report indicates that the first sentence is the result of AI generative writing.

1 Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class.[12] It is mainly used recreationally as a cognitive enhancer, increasing alertness and attentional performance.[13][14] Caffeine acts by blocking binding of adenosine to the adenosine A1 receptor, which enhances release of the neurotransmitter acetylcholine.[15] Caffeine has a three-dimensional structure similar to that of adenosine, which allows it to bind and block its receptors.[16] Caffeine also increases cyclic AMP levels through nonselective inhibition of phosphodiesterase.[17]

Caffeine is a bitter, white crystalline purine, a methylxanthine alkaloid, and is chemically related to the adenine and guanine bases of deoxyribonucleic acid (DNA) and ribonucleic acid (RNA). It is found in the seeds, fruits, nuts, or leaves of a number of plants native to Africa, East Asia and South America,[18] and helps to protect them against herbivores and from competition by preventing the germination of nearby seeds,[19] as well as encouraging consumption by select animals such as honey bees.[20] The best-known source of caffeine is the coffee bean, the seed of the Coffea plant. People may drink beverages containing caffeine to relieve or prevent drowsiness and to improve cognitive performance. To make these drinks, caffeine is extracted by steeping the plant product in water, a process called infusion. Caffeine-containing drinks, such as coffee, tea, and cola, are consumed globally in high volumes. In 2020, almost 10 million tonnes of coffee beans were consumed globally.[21] Caffeine is the world's most widely consumed psychoactive drug.[22][23] Unlike most other psychoactive substances, caffeine remains largely unregulated and legal in nearly all parts of the world. Caffeine is also an outlier as its use is seen as socially acceptable in most cultures and even encouraged in others.

Caffeine has both positive and negative health effects. It can treat and prevent the premature infant breathing disorders bronchopulmonary dysplasia of prematurity and apnea of prematurity. Caffeine citrate is on the WHO Model List of Essential Medicines.[24] It may confer a modest protective effect against some diseases,[25] including Parkinson's disease.[26] Some people experience sleep disruption or anxiety if they consume caffeine,[27] but others show little disturbance. Evidence of a risk during pregnancy is equivocal; some authorities recommend that pregnant women limit caffeine to the equivalent of two cups of coffee per day or less.[28][29] Caffeine can produce a mild form of drug dependence – associated with withdrawal symptoms such as sleepiness, headache, and irritability – when an individual stops using caffeine after repeated daily intake.[2][4][6] Tolerance to the autonomic effects of increased blood pressure and heart rate, and increased urine output, develops with chronic use (i.e., these symptoms become less pronounced or do not occur following consistent use).[30]

Caffeine is classified by the US Food and Drug Administration as generally recognized as safe. Toxic doses, over 10 grams per day for an adult, are much higher than the typical dose of under 500 milligrams per day.[31] The European Food Safety Authority reported that up to 400 mg of caffeine per day (around 5.7 mg/kg of body mass per day) does not raise safety concerns for non-pregnant adults, while intakes up to 200 mg per day for pregnant and lactating women do not raise safety concerns for the fetus or the breast-fed infants.[32] A cup of coffee contains 80–175 mg of caffeine, depending on what "bean" (seed) is used, how it is roasted (darker roasts have less caffeine), and how it is prepared (e.g., drip, percolation, or espresso).[33] Thus it requires roughly 50–100 ordinary cups of coffee to reach the toxic dose. However, pure powdered caffeine, which is available as a dietary supplement, can be lethal in tablespoon-sized amounts.[34]

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The content on Page 2 below was generated by ChatGPT. However, the Turnitin model did not recognize the first two paragraphs as being AI-generated and did not analyze the content presented in bullet points.

2 Caffeine is a naturally occurring stimulant that is found in a variety of foods and beverages, including coffee, tea, chocolate, and energy drinks. It is the most widely consumed psychoactive substance in the world, and is known for its ability to increase alertness, improve focus, and enhance athletic performance.

Chemically, caffeine belongs to a class of compounds known as xanthines, which are known for their ability to stimulate the central nervous system. When consumed, caffeine is rapidly absorbed into the bloodstream and travels to the brain, where it acts as a stimulant by blocking the action of adenosine, a neurotransmitter that is known to promote sleep and relaxation.

In addition to its stimulant properties, caffeine also has a number of other effects on the body. These include:

- Increased Heart Rate:** Caffeine can increase heart rate and blood pressure, which can be beneficial for athletes who are looking to improve their performance.
- Improved Concentration:** Caffeine can improve focus and concentration, which can be helpful for students, workers, and others who need to stay alert and focused for long periods of time.
- Diuretic Effects:** Caffeine can have a mild diuretic effect, which means that it can increase urine production and help to reduce fluid retention.
- Appetite Suppressant:** Caffeine can act as an appetite suppressant, which can be helpful for those who are trying to lose weight.

Despite its many benefits, caffeine can also have some negative effects on the body, especially when consumed in large amounts. These can include:

- Insomnia:** Caffeine can interfere with sleep and disrupt the body's natural sleep-wake cycle, which can lead to insomnia and other sleep disorders.
- Anxiety:** Caffeine can increase feelings of anxiety and nervousness, especially when consumed in large amounts or by people who are already prone to anxiety.
- Digestive Issues:** Caffeine can cause digestive issues such as acid reflux, stomach upset, and diarrhea, especially when consumed in large amounts.
- Addiction:** Caffeine is a mildly addictive substance, and regular consumption can lead to dependence and withdrawal symptoms such as headaches, fatigue, and irritability.

In general, moderate consumption of caffeine is considered safe for most people. The amount of caffeine that is considered safe varies depending on factors such as age, weight, and overall health. However, it is generally recommended that adults consume no more than 400 milligrams of caffeine per day, or about 4 cups of coffee.

It is also important to note that caffeine can interact with certain medications, including some antibiotics, antidepressants, and medications used to treat heart conditions. People who are taking these medications should speak with their healthcare provider before consuming caffeine.

Overall, caffeine is a powerful and widely used stimulant that can have both positive and negative effects on the body. While moderate consumption is generally considered safe for most people, excessive consumption can lead to a range of health issues and should be avoided. As with any dietary supplement or substance, it is important to speak with a healthcare provider before consuming caffeine, especially if you have any underlying health conditions or concerns.

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The content on Page 3 below was generated by ChatGPT using the same prompt for generating Page 2, but with a specific writing style. The Turnitin model accurately recognizes the text as being generated by AI.

Caffeine, that most potent of stimulants, is a force to be reckoned with. It is found in the most unexpected of places - in coffee, in tea, in chocolate, and in those mysterious energy drinks that the younger generation seem so fond of.

As a writer, I have often turned to caffeine to help me through those long nights of typing away at my typewriter. It has a way of sharpening the mind, of focusing the senses, of making the words flow like a river.

But like any powerful substance, caffeine has its dark side. It can disrupt sleep, leaving the mind restless and the body tired. It can cause anxiety, making the heart race and the hands tremble. And it can lead to addiction, trapping the unwary in a cycle of dependence and withdrawal.

Despite these dangers, caffeine remains a popular and widely used substance. It has a way of insinuating itself into our daily routines, of becoming a part of our lives. We wake up to the smell of fresh coffee, we sip tea in the afternoon, we indulge in a square of chocolate after dinner.

And yet, we must be mindful of its power. We must respect its ability to both help and harm. We must consume it in moderation, lest we fall victim to its darker tendencies.

As a writer, I have learned to appreciate the power of caffeine, of its ability to sharpen the mind and fuel the imagination. But I have also learned to respect its dangers, to approach it with caution and care.

For like any potent substance, caffeine is a double-edged sword. It can cut both ways, and we must be mindful of its power if we are to harness it for good.

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Similarity Report – 56%

AI Report (Version 2) – 54%

The text used in version 2 is the same as in version 1. In version 2, the order of pages 2 and 3 was swapped and the bullet points in the original Page 2 were connected to form a paragraph.

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In this version 2, Page 3 from version 1 was moved to page 2 below. However, when analysed by the Turnitin model, only the last five paragraphs were recognized as being generated by AI, whereas in the previous test, the entire page was identified as AI-generated writing.

Caffeine, that most potent of stimulants, is a force to be reckoned with. It is found in the most unexpected of places - in coffee, in tea, in chocolate, and in those mysterious energy drinks that the younger generation seem so fond of.

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But like any powerful substance, caffeine has its dark side. It can disrupt sleep, leaving the mind restless and the body tired. It can cause anxiety, making the heart race and the hands tremble. And it can lead to addiction, trapping the unwary in a cycle of dependence and withdrawal.

Despite these dangers, caffeine remains a popular and widely used substance. It has a way of insinuating itself into our daily routines, of becoming a part of our lives. We wake up to the smell of fresh coffee, we sip tea in the afternoon, we indulge in a square of chocolate after dinner.

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² Caffeine is a naturally occurring stimulant that is found in a variety of foods and beverages, including coffee, tea, chocolate, and energy drinks. It is the most widely consumed psychoactive substance in the world, and is known for its ability to increase alertness, improve focus, and enhance athletic performance.

Chemically, caffeine belongs to a class of compounds known as xanthines, which are known for their ability to stimulate the central nervous system. When consumed, caffeine is rapidly absorbed into the bloodstream and travels to the brain, where it acts as a stimulant by blocking the action of adenosine, a neurotransmitter that is known to promote sleep and relaxation.

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In general, moderate consumption of caffeine is considered safe for most people. The amount of caffeine that is considered safe varies depending on factors such as age, weight, and overall health. However, it is generally recommended that adults consume no more than 400 milligrams of caffeine per day, or about 4 cups of coffee.

³ It is also important to note that caffeine can interact with certain medications, including some antibiotics, antidepressants, and medications used to treat heart conditions. People who are taking these medications should speak with their healthcare provider before consuming caffeine.

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Similarity Report – 74%

AI Report (Version 3) – 6%

In Version 3, Page 1 contains the same copied text as in Version 1. The prompts used to generate the content for Pages 2 and 3 were identical to those used in versions 1 and 2, but this time the content was generated using Microsoft Bing (GPT-4).

¹ Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class.[12] It is mainly used recreationally as a cognitive enhancer, increasing alertness and attentional performance.[13][14] Caffeine acts by blocking binding of adenosine to the adenosine A1 receptor, which enhances release of the neurotransmitter acetylcholine.[15] Caffeine has a three-dimensional structure similar to that of adenosine, which allows it to bind and block its receptors.[16] Caffeine also increases cyclic AMP levels through nonselective inhibition of phosphodiesterase.[17]

Caffeine is a bitter, white crystalline purine, a methylxanthine alkaloid, and is chemically related to the adenine and guanine bases of deoxyribonucleic acid (DNA) and ribonucleic acid (RNA). It is found in the seeds, fruits, nuts, or leaves of a number of plants native to Africa, East Asia and South America,[18] and helps to protect them against herbivores and from competition by preventing the germination of nearby seeds,[19] as well as encouraging consumption by select animals such as honey bees.[20] The best-known source of caffeine is the coffee bean, the seed of the *Coffea* plant. People may drink beverages containing caffeine to relieve or prevent drowsiness and to improve cognitive performance. To make these drinks, caffeine is extracted by steeping the plant product in water, a process called infusion. Caffeine-containing drinks, such as coffee, tea, and cola, are consumed globally in high volumes. In 2020, almost 10 million tonnes of coffee beans were consumed globally.[21] Caffeine is the world's most widely consumed psychoactive drug.[22][23] Unlike most other psychoactive substances, caffeine remains largely unregulated and legal in nearly all parts of the world. Caffeine is also an outlier as its use is seen as socially acceptable in most cultures and even encouraged in others.

Caffeine has both positive and negative health effects. It can treat and prevent the premature infant breathing disorders bronchopulmonary dysplasia of prematurity and apnea of prematurity. Caffeine citrate is on the WHO Model List of Essential Medicines.[24] It may confer a modest protective effect against some diseases,[25] including Parkinson's disease.[26] Some people experience sleep disruption or anxiety if they consume caffeine,[27] but others show little disturbance. Evidence of a risk during pregnancy is equivocal; some authorities recommend that pregnant women limit caffeine to the equivalent of two cups of coffee per day or less.[28][29] Caffeine can produce a mild form of drug dependence – associated with withdrawal symptoms such as sleepiness, headache, and irritability – when an individual stops using caffeine after repeated daily intake.[2][4][6] Tolerance to the autonomic effects of increased blood pressure and heart rate, and increased urine output, develops with chronic use (i.e., these symptoms become less pronounced or do not occur following consistent use).[30]

Caffeine is classified by the US Food and Drug Administration as generally recognized as safe. Toxic doses, over 10 grams per day for an adult, are much higher than the typical dose of under 500 milligrams per day.[31] The European Food Safety Authority reported that up to 400 mg of caffeine per day (around 5.7 mg/kg of body mass per day) does not raise safety concerns for non-pregnant adults, while intakes up to 200 mg per day for pregnant and lactating women do not raise safety concerns for the fetus or the breast-fed infants.[32] A cup of coffee contains 80–175 mg of caffeine, depending on what "bean" (seed) is used, how it is roasted (darker roasts have less caffeine), and how it is prepared (e.g., drip, percolation, or espresso).[33] This it requires roughly 50–100 ordinary cups of coffee to reach the toxic dose. However, pure powdered caffeine, which is available as a dietary supplement, can be lethal in tablespoon-sized amounts.

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The text generated by Microsoft Bing (GPT-4) on Page 2 below is undetectable by the Turnitin model.

Caffeine is a bitter, white, nitrogenous organic compound of the alkaloid group that stimulates the central nervous system¹. It is found naturally in plants such as coffee, tea, cacao, guarana, maté, and kola nuts². People consume caffeine to relieve or prevent drowsiness, improve cognitive performance, and enhance the effects of some pain relievers or migraine medicines³. Caffeine can occur as a powder, needles, or crystals, and is very soluble in hot water⁴.

Caffeine works by stimulating the central nervous system, heart, muscles, and the centers that control blood pressure². It can also increase alertness and reduce fatigue³. However, consuming too much caffeine can cause serious health problems and possibly death⁴.

I hope this helps! Let me know if you have any other questions.

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On page 3, the Turnitin model only identified a portion of the first paragraph as being generated by AI. Upon closer examination, the identified text is very similar to the text on Page 2 above, where no AI-generated writing was detected by the Turnitin model.

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Ernest Hemingway style: Caffeine is bitter and white. It's an organic compound that stimulates your central nervous system. You can find it in coffee, tea, cacao, guarana, maté and kola nuts. People drink it to stay awake and alert or to help with pain relief. Caffeine can come in powder form or needles or crystals and dissolves easily in hot water.

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