

TO THE HEALTH BENEFITS OF COFFEE

CONTAINS NUTRIENTS YOU NEED TO SURVIVE

11%

recommended amount of Vitamin B2

6%

recommended amount of Vitamin B5

3%

recommended amount of Manganese & Potassium

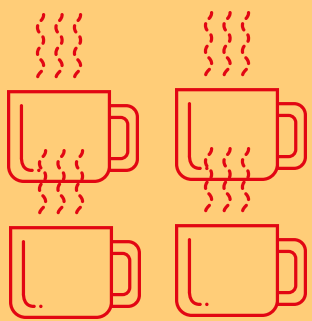
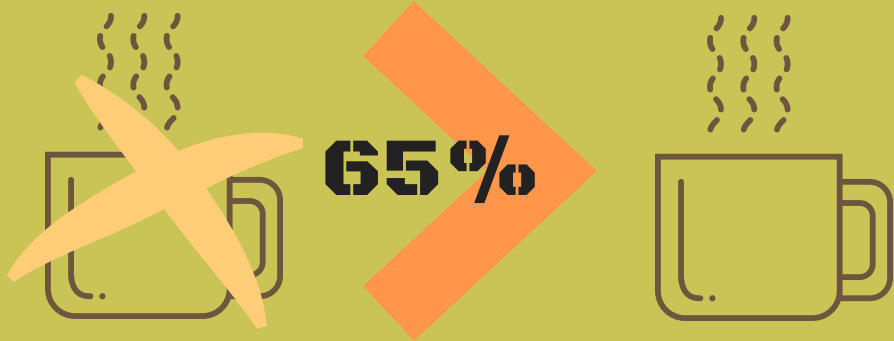
2%

recommended amount of Niacin & Magnesium

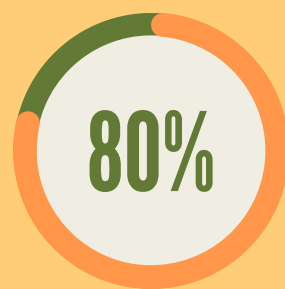


DRINKING COFFEE CAN HELP PREVENT ALZHEIMER'S & DEMENTIA

Coffee drinkers are 65% less likely to suffer



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COFFEE IS GOOD FOR YOUR LIVER

4 daily cups of coffee mean an 80% less chance of developing cirrhosis of the liver



DRINKING COFFEE HELPS BURN FAT

Caffeine increases metabolism by 3 to 11%

COFFEE CONTAINS ANTIOXIDANTS THAT BATTLE FREE RADICALS REDUCING THE RISK OF:



Many types of cancer



Heart Disease



Type II Diabetes



Parkinson's Disease



COFFEE CAN HELP YOU LIVE A LONGER LIFE
Your reduced risk of death maxes out at 4 - 5 cups per day. The benefits are slightly higher for women.

