

# LET ME ESPRESSO THE BENEFITS OF COFFEE

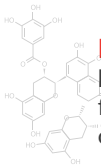
Over the years, there's been a lot of back and forth over whether coffee is good or bad for your heart health, but studies have **conclusively found** that drinking a reasonable amount of coffee per day—meaning between three to five cups—will result in a **lower risk of heart disease, cardiovascular death** and **total mortality**.

**3 to 5**   
CUPS PER DAY



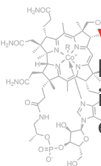
## WHY?

Not only does coffee give a caffeine fix we can all appreciate, but it's full of **heart-protecting** polyphenols and vitamin B2. It's also important to note that drinking this caffeinated beverage **does not** show an overall population increase in hypertension or cardiac arrhythmias.



### POLYPHENOLS

lower bad LDL cholesterol, improve artery function and flexibility, and lessen the risk of cardiovascular disease.



### VITAMIN B2

helps the body break down important nutrients, improves cardiovascular health, and promotes efficient oxygen usage throughout the body.

## BY THE NUMBERS

Americans drink **400 million cups** of coffee each day—that's **146 billion cups** of coffee per year.



Coffee drinkers have a **21 percent lower risk** of heart disease-related death compared to non-coffee drinkers.



People who consume three to five cups of coffee per day have a **15 percent lower risk** of cardiovascular disease compared to those drinking zero cups of coffee per day.



## WHAT DOES THIS MEAN?

The type of coffee you drink matters. **Filtered coffee is better for you**, while processed sugars and heavy fats can result in negative health effects.

While the effect of coffee on an individual varies, research has found that drinking a normal amount in a day will result in **positive health benefits**. Brew it up in the morning and enjoy!