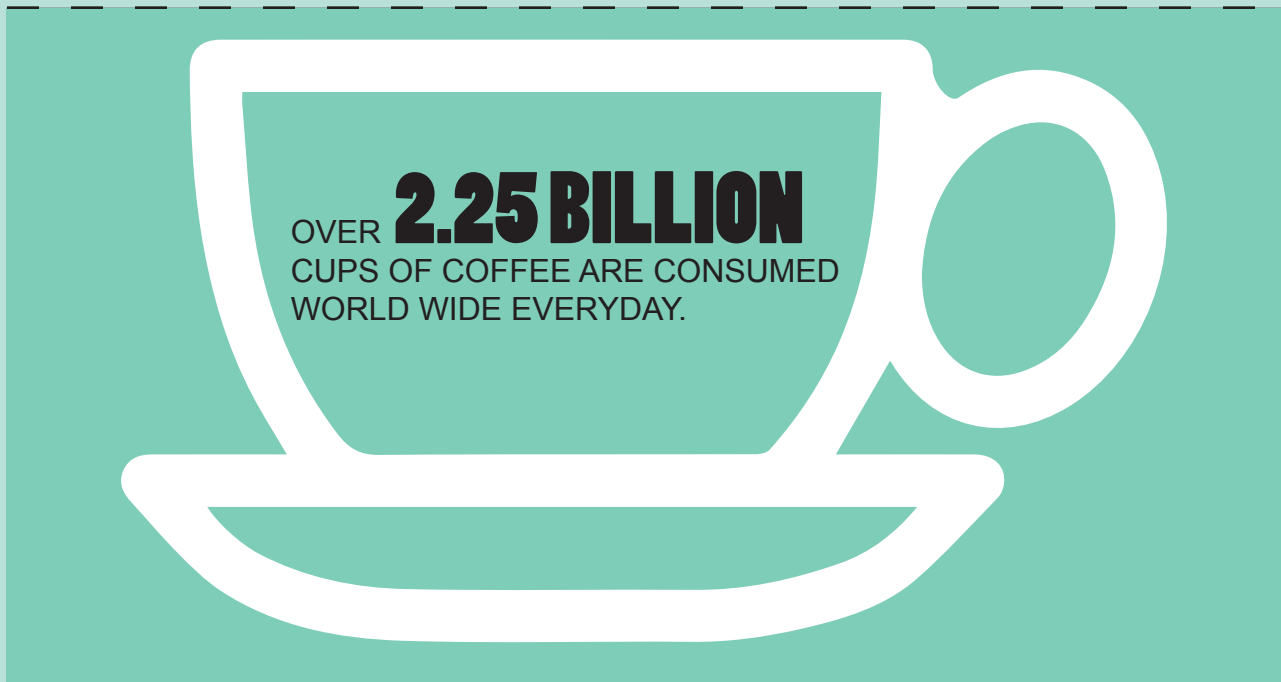


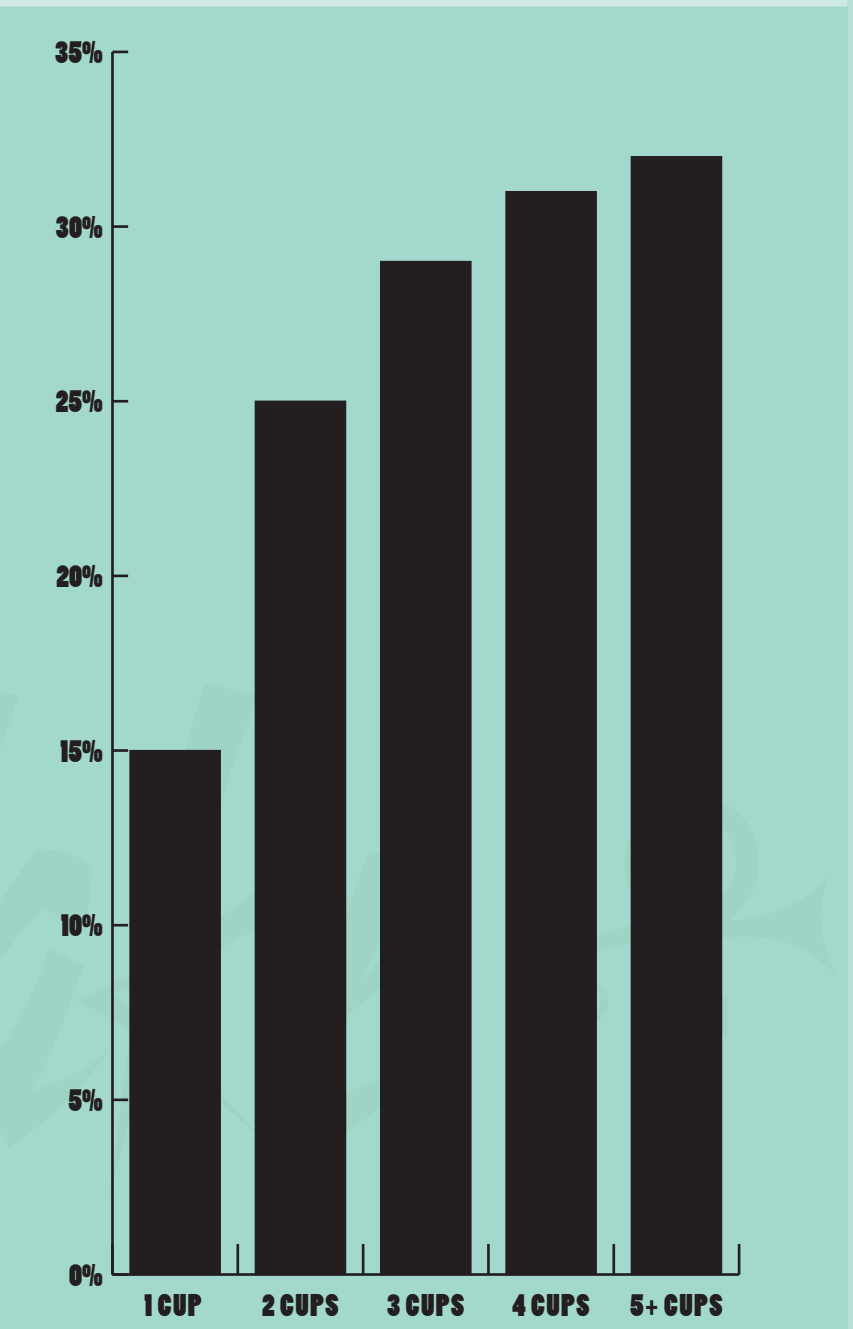
THE BENEFITS OF DRINKING COFFEE

COFFEE IS ACTUALLY VERY HEALTHY. IT IS LOADED WITH ANTIOXIDANTS AND BENEFICIAL NUTRIENTS THAT CAN IMPROVE YOUR HEALTH. THE STUDIES SHOW THAT COFFEE DRINKERS HAVE A MUCH LOWER RISK OF SEVERAL



OVER **2.25 BILLION** CUPS OF COFFEE ARE CONSUMED WORLD WIDE EVERYDAY.

COFFEE DRINKERS HAVE A MUCH LOWER RISK OF **PARKINSON'S DISEASE**. PEOPLE WHO DRANK 3 CUPS OF COFFEE PER DAY HAD A 29% LOWER RISK OF PARKINSON'S DISEASE.



AIDS IN WEIGHT LOSS



COFFEE DRINKERS HAVE A LOWER RISK OF SOME TYPES OF CANCER

40%

CANCER IS ONE OF THE WORLD'S LEADING CAUSES OF DEATH. STUDIES SHOW THAT COFFEE DRINKERS HAVE A HIGHER RISK OF LIVER CANCER.

COFFEE CAN FIGHT DEPRESSION AND MAKES YOU HAPPIER

IN A HARVARD STUDY PUBLISHED IN 2011, WOMEN WHO DRANK 4 OR MORE CUPS PER DAY HAD A 20% LOWER RISK OF BECOMING DEPRESSED).



COFFEE CAN MAKE YOU SMARTER

COFFEE DOESN'T JUST KEEP YOU AWAKE, IT MAY LITERALLY MAKE YOU SMARTER AS WELL. THE ACTIVE INGREDIENT IN COFFEE IS CAFFEINE, WHICH IS A STIMULANT.



A TYPICAL CUP OF BLACK COFFEE ONLY CONTAINS

2 CALORIES

ALZHEIMER'S DISEASE

THOSE WHO REPORTED DRINKING 3-5 CUPS OF COFFEE DAILY WERE

65%

LESS LIKELY TO DEVELOP DEMENTIA AND ALZHEIMER'S DISEASE.