

4 UNIQUE COFFEE BENEFITS

01

Boosts energy levels

Coffee contains caffeine, a central nervous system stimulant that is known for its ability to fight fatigue and increase energy levels. This includes Vitamin B, Magnesium and Niacin.



02

Lose weight

According to research, coffee could alter fat storage and support gut health, both of which may be beneficial for weight management. Caffeine consumption boosts 3-11% of your body metabolism and increases 10% of fat burning.

03

Support overall health

Although studies have turned up mixed results, some research suggests that coffee may help protect against certain diseases such as diabetes, parkinsons and depression.



04

Longer life expectancy

Two major studies show that drinking coffee was associated with a 20% reduced risk of death in men and a 26% decreased risk of death in women over 18-24 years..

