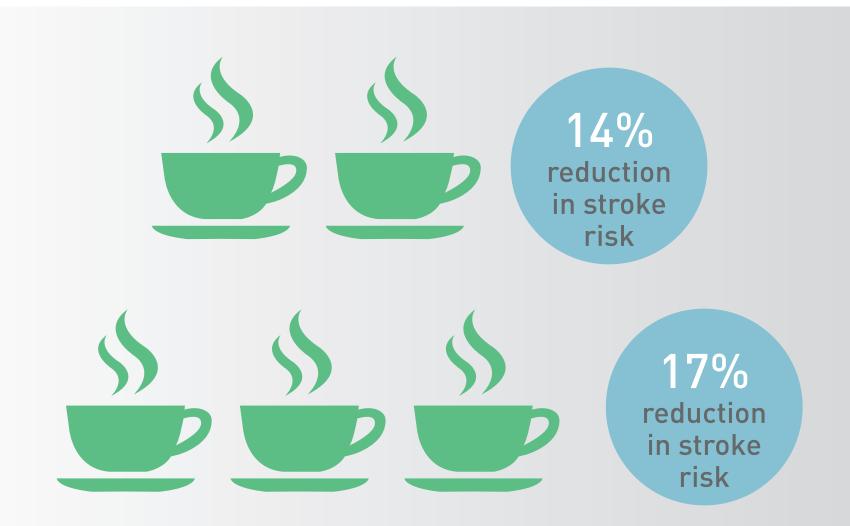


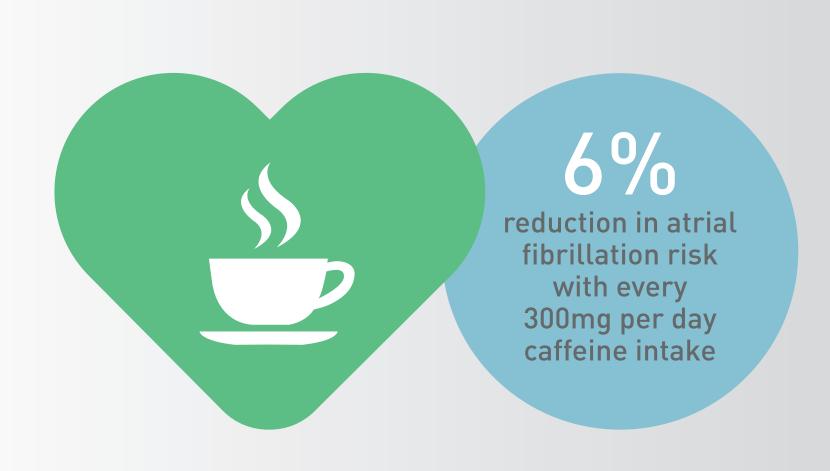
Coffee and cardiovascular health

Many studies looking at coffee consumption and cardiovascular disease (CVD) suggest that a moderate intake of coffee - 3-5 cups per day may provide protection against CVD mortality risk. But how?

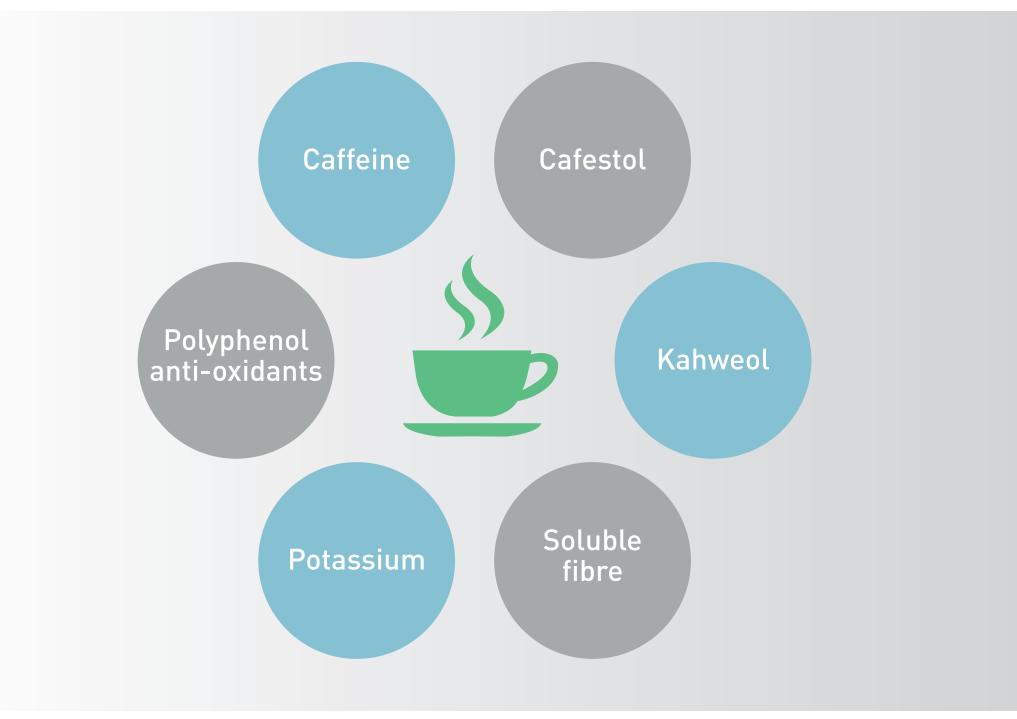
Daily coffee consumption and stroke risk¹



How coffee may reduce risk of atrial fibrillation²



Which components in coffee may have an effect on the cardiovascular system



Further information can be found on the Coffee and Health website www.coffeeandhealth.org

References

- Larrson S.C. and Orsini N. (2011) Coffee consumption and risk of stroke: A dose-response meta-analysis of prospective studies
- 2 Cheng M. et al. (2014) Caffeine Intake and Atrial Fibrillation Incidence: Dose Response Meta-analysis of Prospective Cohort Studies.