



Coffee –Chemical Composition and Potential Impact on Health

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Abstract

Today's coffee is most popular beverage amongst people from younger to older. Everyday millions of people around the world begin their day religiously with a morning cup of coffee. But many scientific researchers showed that coffee seemed to found off liver disease, liver cancer, type 2 diabetes, heart disease and stroke. Coffee even appears to protect against depression, Parkinson's and Alzheimer's diseases. These results taken as a whole might explain the most astonishing findings of all. So it is very interesting to know about chemical composition caffeine, polyphenols, trigonelline that how to react and effect human bodies.

Keywords: Coffee, Composition, Health.

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