



Green coffee: myths and truth from scientists

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Abstract. The article discusses the main properties of green coffee and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of green coffee in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of green coffee on the human body under certain medical conditions and diseases are analyzed separately.

Key words: green coffee , useful properties, contraindications, composition, calorie content

Green coffee is whole or ground raw coffee beans. Their extract is very popular among people who seek to lose weight without difficulty. The concentrated food supplement is also taken for diabetes, high blood pressure, bacterial infections. Not all product benefits are scientifically proven, and some research is preliminary. Let's find out what benefits you can count on when using an invigorating drink and coffee dietary supplement.

The calorie content of 100 g of green coffee is approximately equal to 230 kcal. Unroasted grains are higher in caffeine and powerful antioxidants known as chlorogenic acids. There are not many vitamins in the dry product, but [calcium](#) and potassium are contained. ^[one]

Top 5 Health Benefits of Green Coffee

1. Has Antioxidant and Anti-Inflammatory Effects

Chronic inflammation is a key factor in many diseases, including cancer, arthritis, diabetes, and autoimmune diseases. Therefore, drinking a drink with antioxidants can be part of a healthy diet and positively affect organ function. ^[2, 3]

2. Reduces the risk of chronic diseases

Chlorogenic acids prevent the development of many chronic diseases and improve health with the wrong lifestyle. This was confirmed by a two-month study in which 50 people participated. In men and women, blood counts improved, and excess weight decreased compared to the control group. ^[4, 5]

3. Promotes weight loss

Taking an extract of unroasted coffee beans accelerates the loss of extra pounds during the diet. Researchers have found that the product affects the breakdown of fat in the body, helps control weight and lowers blood cholesterol levels in obese people. However, human studies are still considered insufficiently convincing - scientists note the potential and the need for new experiments. ^[6, 7, 8]

4. Prevents Type 2 Diabetes

Drink from grains and extract regulate the level of glucose, insulin in the blood. This helps to protect against type 2 diabetes and control the state of the disease. Scientists observed the best effect when using dietary supplements at a dose of 400 mg. ^[9]

5. Normalizes blood pressure

Raw coffee bean extract has a positive effect on blood vessels, supports heart health. Taking 400 mg for a month reduces systolic and diastolic blood pressure in people with hypertension. ^[ten]

Who should not drink green coffee - contraindications and harm

Green coffee, like regular coffee, contains caffeine, and therefore causes associated side effects:

- headache,
- insomnia
- anxiety
- stomach upset,
- nausea and vomiting,
- cardiopalmus.

Large doses of green coffee are dangerous to health. The main problems are related to caffeine, which is harmful in some cases:

- with an abnormally high level of homocysteine - chlorogenic acid further increases its concentration, which can lead to serious heart disease;
- with anxiety disorders - increases anxiety;
- exacerbates blood clotting disorders;
- changes the concentration of sugar in the blood, so diabetics need to take it with caution;
- worsens symptoms of irritable bowel syndrome (IBS);
- increases intraocular pressure, which is dangerous in glaucoma;
- can increase the amount of calcium leached out in the urine, thin the bones and lead to osteoporosis.

Do not take a green coffee supplement without your doctor's permission if you have a medical condition. It is not recommended for all children, pregnant and lactating women due to lack of safety evidence. Dietary supplements should also not be taken at the same time as other caffeine

supplements, herbal stimulants, blood thinners, and medications to treat lung, depression, heart, and bone conditions. ^[11, 12]

How much green coffee can men and women drink?

Strict dosage recommendations do not exist as not enough research has been done on this subject. The daily dose with normal nutrition is 60-185 mg. In studies, 400 mg of the extract is used, which does not show negative effects.

The capsule may contain 20-50 mg of caffeine, but some products are cleared of the component. If you want to start taking any extract, talk to your doctor or nutritionist about it beforehand to find a safe form and dose.

How to drink green coffee: recipe

Dietary supplements contain a concentrated extract and are usually available in the form of tablets, capsules. The product can also be bought in the form of whole grains, from which a hot drink is prepared. You should be prepared for the fact that it will not look like the usual black coffee - its taste is so mild that it resembles herbal tea. But one cup allows you to instantly feel cheerful, energetic.

You can also brew a drink from ground green coffee beans by adding hot water to them, or brew from whole beans:

- soak overnight in water;
- the next day, pour water, bring to a boil and simmer for 15 minutes;
- strain and drink (leftovers can be stored in the refrigerator).

Expert comment

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Unroasted coffee plant beans and their extract have become famous as weight loss aids. Research on their effectiveness is limited, but there is evidence that supports reductions in blood glucose, weight, and blood pressure. Side effects of caffeine have also been reported. Therefore, before adding green coffee to your diet, you should consult with your doctor, nutritionist or nutritionist to make sure it is safe for your body.

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