

# Benefits of Green Coffee Beans Extract in Health and Obesity

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## Introduction

Coffee is one of the most consumed beverages in the world, due to its unique aroma and stimulant properties. Four Arabica green coffee beans (GCB) from different geographical origins have been shown to contain forty-three polyphenols; polyphenols as well as fluoride, which is highest in Turkish coffee from GCB are considered rich sources of dietary antioxidants [1, 2]. Further, soymilk fortification with green coffee extract has increased, compared to control, the phenolic contents up to 70% improving the antioxidant and pro-health status of soymilk [3]. Recently, multiple research activities have investigated the relationship between GCB extract consumption and loss of weight. Choi and colleagues have demonstrated that 3-caffeoylquinic acid in GCB extract has a lipid catabolic effect in high fat diet induced obese mice decreasing body weight gain, liver weight and white adipose tissue weights with regulation of adipose tissue lipolysis hormones, like adiponectin and leptin [4]. Similarly, a combined extract (comprising cocoa, coffee, green tea and garcinia) has stimulated lipid metabolism in high energy diet induced obese rats which was attributable to fat mobilization from adipose tissue [5]. Moreover, decaffeinated GCB extract appeared to reverse high fat diet induced fat accumulation and insulin resistance in mice by down regulating the genes involved in adipogenesis and inflammation in visceral adipose tissue [6]. Finally, basing on multiple scientific observations it's no wonder nowadays to find GCB extract in supplements for weight loss used in humans [7] and I believe, from a clinical practice point of view, green coffee consumption or GCB extract supplements represents an easy and safe method to lose weight that may prove very efficient if combined with other healthy life style modifications in young adults suffering from obesity.

## References

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