



Benefits Of Drinking Coffee In Moderation



Serves as a source of vitamin B2 and magnesium

Helps reduce the risk of type 2 diabetes



Lowers the risk of developing Parkinson's disease

Slows down the progress of dementia



Contains polyphenols that help reduce oxidative stress

Lowers the risk of developing depression



References

1. 9 Reasons Why (the Right Amount of) Coffee Is Good for You; The Johns Hopkins University
2. Health Benefits of Coffee; RUSH University Medical Center
3. Coffee; The President and Fellows of Harvard College