



## Green Coffee: Health Benefits and Side Effects



The prevalence of green coffee in the health and wellness world is growing.

As such, you may have heard of its abundance of plant chemicals that promote health.

This article examines green coffee in detail, including its potential advantages and hazards.

## What is green coffee?

Green coffee beans are ordinary coffee beans that have not been roasted and are still uncooked.

Their extract is often used as a dietary supplement, but you can also get green coffee beans whole and prepare them the same way you would roast coffee.

Remember that a cup of this light green beverage will not taste like the roasted coffee you're accustomed to since its flavor is significantly softer. According to reports, it tastes more like herbal tea than coffee.

Moreover, despite their shared origins, their chemical composition is considerably different from that of roasted coffee.

It has a lot of chlorogenic acids, which are chemicals with powerful antioxidant and anti-inflammatory properties that may help in many ways.

Also, there are small amounts of chlorogenic acid in roasted coffee, but most of it is lost during the roasting process.

Green coffee beans are unroasted, uncooked coffee beans. They contain significant concentrations of a class of antioxidants called chlorogenic acids, which are believed to have several health benefits.

## Does it work as a weight-loss supplement?



Dr. Oz, an American celebrity physician, and talk show broadcaster, pushed green coffee extract as a miraculous weight loss solution in 2012.

Numerous health professionals have debunked the concept that it substantially affects weight.

Despite this, green coffee extract is one of the most popular weight-loss supplements.

Several fair trials on mice administered with the extract indicated that it significantly reduced overall body weight and fat buildup. However, human research has proven considerably less clear.

The majority of human studies on green coffee have proved inconclusive. Even though some participants dropped weight, the studies were poorly constructed, with small sample sizes and brief durations.

Thus, there is no conclusive proof that green coffee aids in weight loss. There is a need for more extensive, well-designed human research.



## SUMMARY

Green coffee is sold as a weight-loss tool, but no scientific evidence supports its efficacy. More study of humans is required.

## It may reduce your risk of some chronic diseases



Green coffee may provide additional health benefits besides weight loss.

Its chlorogenic acids may lessen the risk of chronic diseases like diabetes and cardiovascular disease.

In research lasting 8 weeks, 50 individuals with metabolic syndrome—a cluster of risk factors including high blood pressure and blood sugar that increase your risk for diabetes and heart disease—consumed 400 mg of decaffeinated green coffee bean extract twice daily.

Compared to a control group, those who took the extract saw significant improvements in fasting blood sugar, blood pressure, and waist circumference.

Although these results are intriguing, additional research is necessary.

## **SUMMARY**

More research is required, but green coffee may lessen your risk for heart disease and type 2 diabetes.

## **Possible risks and side effects**



Green coffee is generally safe, although there are a few possible hazards.

### **Effects of excess caffeine**

Similar to roasted coffee, green coffee beans contain caffeine naturally.

Most healthy people can drink moderate amounts of caffeine without any problems, but drinking too much caffeine can cause anxiety, trouble sleeping, and high blood pressure.

One cup (8 ounces) of black or green coffee has about 100 milligrams of caffeine, depending on the type and how it was made.

Since some caffeine may be lost during the roasting process, green coffee may have a little more caffeine than black coffee, but the difference is probably not very important.

Green coffee supplements typically contain 20–50 mg of caffeine per capsule. However, some are decaffeinated during processing.

If you consume green coffee in any form, you may want to limit your consumption to avoid side effects.

### **It may affect bone health.**

A two-month study on animals showed that mice who got daily doses of green coffee extract had a lot of calcium taken out of their bones.

These results show that taking green coffee supplements for a long time may be bad for bone health.

Consequently, human research is required.

### **SUMMARY**

In addition, preliminary animal research suggests that it may be detrimental to bone health. However, human studies are required.

### **Suggested dose**

There is insufficient data on green coffee to make definite dosage recommendations.

But at least one study showed that 400 mg of green coffee extract twice a day had no bad effects.

If you are contemplating taking this extract, you should visit your healthcare provider to determine the appropriate dosage.

## SUMMARY

No solid advice on how much green coffee to take has been set, but in some trials, extract doses as high as 400 mg twice a day were given safely.

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