



## Benefits Of Coffee



Coffee contains a number of useful nutrients, including riboflavin (vitamin B2), niacin (vitamin B3), magnesium, potassium, and various phenolic compounds, or antioxidants



Coffee contains caffeine, a central nervous system stimulant that is known for its ability to fight fatigue and increase energy levels



Coffee consumption could be linked to a decreased risk of death from chronic liver disease, along with other conditions, like liver scarring and liver cancer.



People who consume coffee may also have a lower risk of gallstone disease.

