Coffee is the most popular beverage in the world and may have some health benefits. Research findings have noted that coffee drinkers have less liver disease, such as liver cancer and cirrhosis, than non-coffee drinkers. So, determining why and how coffee leads to improved health is important. However, coffee contains over 1,000 chemicals so it has been challenging for scientists to determine how exactly it helps the liver. The caffeine in coffee, which many people enjoy to help them get moving in the morning, may be responsible for the health benefits of coffee.

MISSING SENTENCE

This would explain why coffee both prevents liver disease and slows its progression.