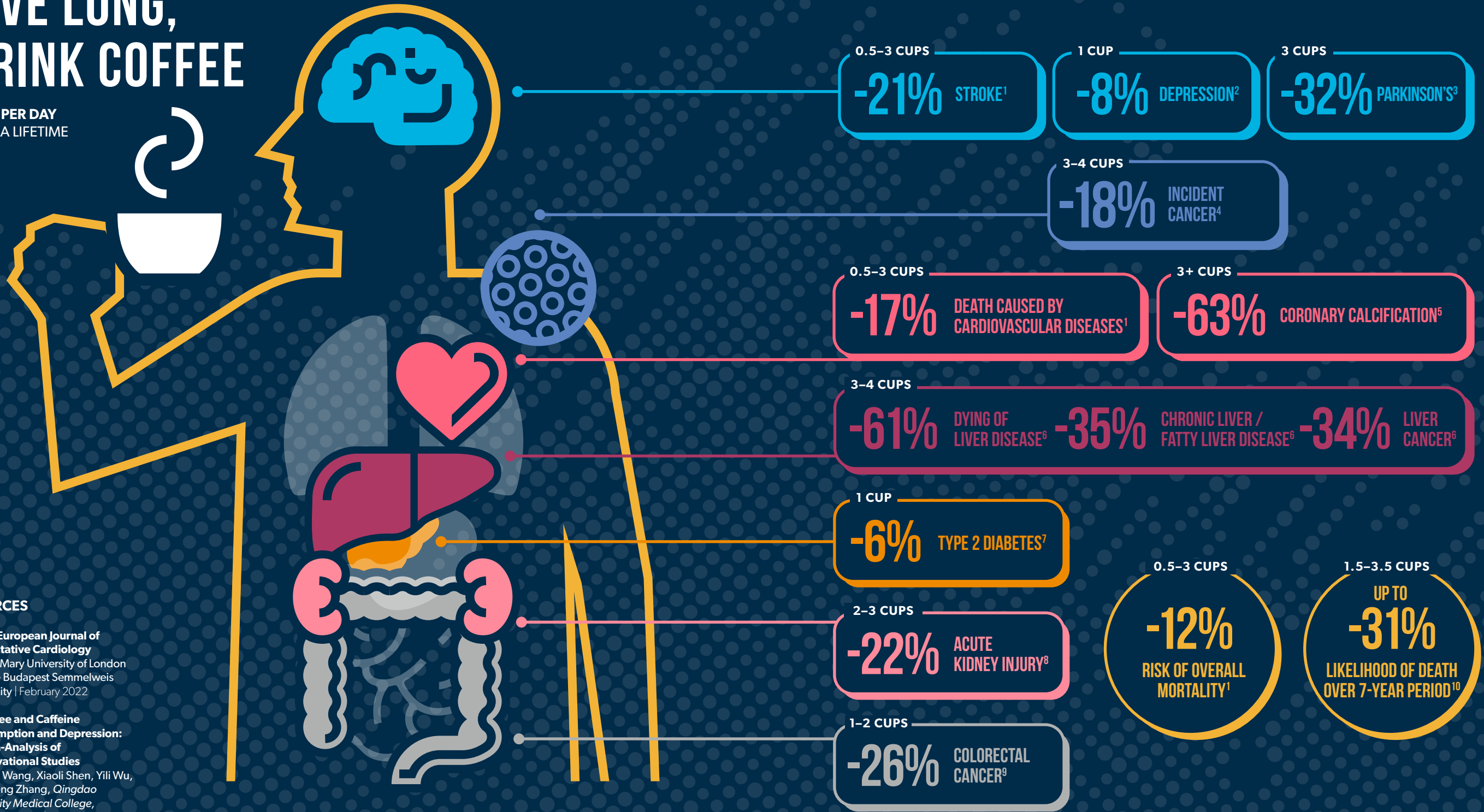


# LIVE LONG, DRINK COFFEE

CUPS PER DAY  
OVER A LIFETIME



## SOURCES

**1. The European Journal of Preventative Cardiology**  
Queen Mary University of London and the Budapest Semmelweis University | February 2022

**2. Coffee and Caffeine Consumption and Depression: A Meta-Analysis of Observational Studies**  
Longfei Wang, Xiaoli Shen, Yili Wu, Dongfeng Zhang, Qingdao University Medical College, Qingdao, China | March 2016

**3. Caffeine Exposure and the Risk of Parkinson's Disease: a Systematic Review and Meta-Analysis of Observational Studies**  
Costa J, et al. | 2010

**4. Coffee Consumption and Health: Umbrella Review of Meta-Analyses of Multiple Health Outcomes**  
*British Medical Journal*  
Robin Poole, Oliver J Kennedy, Paul J Roderick, Jonathan A Fallowfield, Peter C Hayes, Julie Parkes | November 2017

**5. Coffee Consumption and Coronary Artery Calcium Score: Cross-Sectional Results of ELSA-Brasil (Brazilian Longitudinal Study of Adult Health)** | March 2018

**6. All Coffee Types Decrease the Risk of Adverse Clinical Outcomes in Chronic Liver Disease: A UK Biobank Study**  
*British Medical Journal*  
Oliver J Kennedy, Jonathan A Fallowfield, Robin Poole, Peter C Hayes, Julie Parkes, Paul J Roderick | June 2021

**7. Coffee Consumption and Reduced Risk of Developing Type 2 Diabetes: A Systematic Review With Meta-Analysis**  
Mattias Carlström, Susanna C Larsson | June 2018

**8. Coffee Consumption May Mitigate the Risk for Acute Kidney Injury: Results From the Atherosclerosis Risk in Communities Study**  
Kalie L. Tommerdahl, Emily A. Hu, Elizabeth Selvin, Petter Bjornstad, Casey M. Rebholz, Chirag R. Parikh | May 2022

**9. Coffee Consumption and the Risk of Colorectal Cancer**  
Stephanie L. Schmit, Hedy S. Rennert, Gad Rennert, Stephen B. Gruber | March 2016

**10. Association of Sugar-Sweetened, Artificially Sweetened, and Unsweetened Coffee Consumption With All-Cause and Cause-Specific Mortality: A Large Prospective Cohort Study**  
Dan Liu, Zhi-Hao Li, Dong Shen, Pei-Dong Zhang | July 2022