

A person wearing a white knit sweater is holding a white coffee cup with both hands. The cup is filled with a dark coffee. The background is a wooden surface. A dark grey rectangular box with a yellow border is overlaid on the image, containing text.

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**Drink  
Coffee  
and  
Prevent  
COVID-19**

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A person wearing a light-colored, textured knit sweater is holding a white ceramic coffee cup with both hands. The cup is filled with a dark coffee. The background is a wooden surface. The entire scene is framed by a dark grey semi-transparent rectangle with a yellow border.

Coffee's global popularity is undeniable, with over 2.25 billion cups enjoyed daily worldwide. Beyond its widespread appeal, coffee also offers significant health benefits.

Research indicates that regular coffee consumption can reduce the risk of various illnesses, such as COVID-19, Alzheimer's disease, Parkinson's disease, stroke, and type 2 diabetes. In essence, enjoying a cup of coffee can be more than just a pleasurable experience; it can also contribute positively to your overall health!

# Recommendations for Coffee: I-PREVENT Guidelines

## Recommended Amounts:

- One to two cups per day of coffee reduces the risk and severity of infection with COVID-19 and its variants. Decaffeinated coffee has similar effects to filtered caffeinated coffee, with the suppressive activity not being affected by coffee additives.
- Coffee inhibits multiple variants of the SARS-CoV-2 infection by restraining the binding of the SARS-CoV-2 spike protein to human angiotensin-converting enzyme 2 (ACE2), and reducing transmembrane serine protease 2 (TMPRSS2) and cathepsin L (CTSL) activity.
- Ground coffee at 6 mg/ml had the effect of reducing the entry of SARS-CoV-2 into host cells with an inhibition of about 60 to 81% in a dose-dependent manner. Similarly, different brands of instant coffee significantly inhibited cell entry of SARS-CoV-2 at 1 mg/ml.

## Specific Conditions:

- Pregnant Women: Limit coffee to about 1 cup per day (about 200 mg of caffeine) due to potential impact on fetal development.
- People with Anxiety or Heart Issues: May need to consume less, depending on how they react to caffeine.
- Type 2 Diabetes, Parkinson's and Alzheimer's: Some studies suggest that higher consumption (3-4 cups) might be beneficial, but this should be balanced against individual tolerance and overall health.

# Health Benefits of Coffee

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## Top health benefits of coffee

### Physical Performance

If you're looking for a pre-workout boost, look no further than coffee. Coffee contains caffeine, which is a natural stimulant and has been shown to improve physical performance by increasing alertness, reducing fatigue, and overall increasing physical performance by 11-12%. So, if you're looking to improve your workout results, drink a cup of caffeinated coffee before hitting the gym!

### Heart Health

Studies have shown that coffee is good for your heart. In fact, coffee drinkers have a 20% lower risk of heart disease than non-coffee drinkers. So, if you're worried about your heart health, drinking coffee may help reduce your risk of heart disease.

### Cancer risk

Coffee has been shown to reduce your risk of some types of cancer. In fact, one study showed that people who drank four cups of coffee per day had a 20% lower risk of cancer than those who didn't drink any coffee at all.



## Alzheimer's Disease

Alzheimer's disease is the most common form of dementia and it affects millions of people worldwide. But did you know that drinking coffee can help prevent Alzheimer's disease and improve memory? Studies have shown that people who drink three or more cups of coffee per day are 65% less likely to develop Alzheimer's disease than those who don't drink any coffee at all.



## Depression

Depression is a serious mental illness that affects millions of people worldwide every year. Studies have shown that people who drink coffee are at a lower risk for depression. Coffee is also a powerful mood booster. Not only does it have antioxidants and anti-inflammatory properties, but also due to caffeine's blocking effect on receptors in your brain that cause fatigue or depressed feelings--coffee can be one of many ways you stay energized!

## Stroke

Strokes are medical emergencies that can lead to long-term brain damage and even death. Studies have shown that people who drink two or more cups of coffee per day are 30% less likely to die from a stroke than those who don't drink any coffee at all.

## Memory

The caffeine in coffee helps to improve cognitive function and memory, while the antioxidants also help to protect the brain from damage. In addition, coffee can help to increase the blood flow to the brain, which is important for keeping the mind healthy and functioning properly.



# How to Enjoy Coffee for Health Benefits

## Moderation is Key:

The general consensus among health experts is that moderate coffee consumption is safe for most people. This typically translates to about 3 to 4 cups per day, providing up to 400 milligrams of caffeine. However, individual tolerance to caffeine can vary. Some people may experience side effects like jitteriness, insomnia, or heart palpitations even at lower amounts.

## Mind the Timing:

- Avoid coffee late in the day or in the evening if it affects your sleep. Poor sleep can negate the health benefits of coffee.

## Watch What You Add:

- Be cautious about adding high amounts of sugar, flavored creamers, or flavored syrups, as these can add extra sugar calories and reduce the overall health benefits. Full creamer, coconut oil, MCT oil, and butter are the best choices as they also have added health benefits with your cup of coffee.

## Opt for Quality:

- Choose high-quality, organic coffee when possible to avoid contaminants like pesticides.

## Consider Brewing Methods:

- Certain brewing methods, like using a paper filter, can remove cafestol, a compound in coffee that can increase cholesterol levels. Espresso and French press, for example, do not remove cafestol.





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