

# Re: Coffee is number one source of antioxidants

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-08/msg00703.html>

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- *From:* William Wagner <[PainInAss\\_williamwag@xxxxxxxxx](mailto:PainInAss_williamwag@xxxxxxxxx)>
  - *Date:* Tue, 30 Aug 2005 07:16:18 -0400
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In article <[3nic28F1jkanU1@xxxxxxxxxxxxxxxxx](mailto:3nic28F1jkanU1@xxxxxxxxxxxxxxxxx)>, "Juhana Harju" <[shantigiri@xxxxxxxxxxxxxxxxx](mailto:shantigiri@xxxxxxxxxxxxxxxxx)> wrote:

> William Wagner wrote:  
> : I just don't know!  
> :  
> : Bill  
>  
> Coffee consumption is one of those J-shape things. Coffee has antioxidants,  
> which is the reason 1-2 cups a day might be beneficial, but high consumption  
> of coffee also raises homocysteine and the risk of acute cardiac events.  
> Limiting coffee consumption to 1-2 cups a day is probably the best thing to  
> do.  
>  
> --  
> Juhana  
>  
>  
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>  
> : .....  
> :  
> : <http://www.physorg.com/news6067.html>  
>

Thanks Juhana !

The about url has a bar graph that compares the antioxidant levels.  
Coffee is a mild diuretic useful for BP lowering which is of interest  
to folks like me who take avalide.

Bill

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