

# Re: Coffee is number one source of antioxidants

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-08/msg00722.html>

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- *From:* "jay1000" <jfschonSpamguarD@xxxxxxx>
  - *Date:* Tue, 30 Aug 2005 22:04:17 -0400
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"William Wagner" <PainInAss\_\_williamwag@xxxxxxxxxx> wrote in message  
[news:PainInAss\\_\\_williamwag-E41B4A.08223130082005@xxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:PainInAss__williamwag-E41B4A.08223130082005@xxxxxxxxxxxxxxxxxxxxxxxx)  
> In article <3nj0soF1oobmU1@xxxxxxxxxxxxxxxx>,  
> "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxx> wrote:  
>  
>> William Wagner wrote:  
>> : In article <3nic28F1jkanU1@xxxxxxxxxxxxxxxx>,  
>> : "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxx> wrote:  
>> :: William Wagner wrote:  
>>  
>> ::: I just don't know!  
>> :::  
>> :: 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.  
>> ::  
>> : Thanks Juhana !  
>> :  
>> : The about url has a bar graph that compares the antioxidant levels.  
>>  
>> There are many analysis methods and the analysis method used in that site  
>> is  
>> likely to dismiss some important phytochemicals, which act as  
>> antioxidants,  
>> like anthocyanins.  
>>  
>> : Coffee is a mild diuretic useful for BP lowering which is of interest  
>> : to folks like me who take avalid.  
>>  
>> On the other hand caffeine might raise blood pressure - it is not that  
>> simple.  
>>  
>> J Hypertens. 2005 May;23(5):921-8. Related Articles, Links  
>>  
>> Blood pressure response to chronic intake of coffee and caffeine: a  
>> meta-analysis of randomized controlled trials.

Re: Coffee is number one source of antioxidants

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>> Noordzij M, Uiterwaal CS, Arends LR, Kok FJ, Grobbee DE, Geleijnse JM.

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>> Center for Health Sciences and Primary Care, Utrecht University, Utrecht,

>> The Netherlands.

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>> PURPOSE: Coffee is a widely consumed beverage and small health