

More than just for making you feel human in the morning...

COFFEE is beneficial to people with **FATTY LIVER DISEASE**

(Which affects about 100 million Americans)



DID YOU KNOW...

YOUR CUP OF JOE



HELPS YOUR LIVER:

- ★ Offset a high-fat diet
- ★ Reduce liver scarring
- ★ Slow liver disease

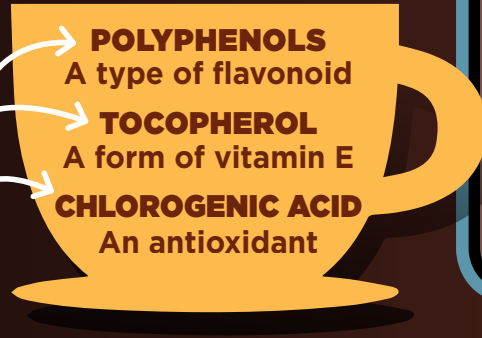
Behold the mighty coffee bean!

PATIENTS WITH **FATTY LIVER DISEASE** SHOULD DRINK AT LEAST **3 CUPS OF COFFEE** A DAY TO HELP LOWER THE STIFFNESS IN THEIR LIVER, WHICH LOSES ELASTICITY DUE TO FAT IN THE ORGAN.

But why **COFFEE?**

Studies show it could be the **CAFFEINE** or:

?????



How do you take **YOUR** coffee?

GOOD	OK	NOPE!
Drip-filtered	Splash of skim	Sugar
Black coffee	Low-fat dairy	High-fat dairy
Caffeinated	Decaffeinated	Lattes
	Add nutmeg or cinnamon	Frappes
		Macchiatos