

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Green Coffee Extract**

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### **What is Green Coffee Extract?**

Green coffee extract come from green coffee beans, which are coffee beans that have not been roasted. Therefore, they have a higher level of chlorogenic acid, which is an antioxidant that boosts metabolism by changing the way glucose is absorbed in the body.

Most of the research on green coffee has used Svetol by Naturex, which is a type of green coffee bean extract. Svetol comes from the Robusta variety of beans instead of the Arabica variety used by many other companies. Svetol is decaffeinated and is only sold to nutraceutical companies to manufacture their own weight loss supplements.

### **Where is it found?**

It is a supplement. It is recommended to take 400mg 30 minutes before each meal.

### **What are the benefits?**

Green coffee extract has been shown to be effective in decreasing blood pressure and aiding in weight loss. It is also used to improve cardiovascular health and lower blood sugar levels.

### **Are there interactions with medications?**

Too much caffeine interferes with the absorption of calcium. Also, be careful when taking hypotensive medications since it has as blood pressure lowering effect.

### **Are there side effects?**

Green coffee contains caffeine and therefore may have caffeine-related side effects, such as insomnia, upset stomach, headaches, anxiety, and nervousness. The caffeine may also worsen diarrhea, osteoporosis and Irritable Bowel Syndrome.