

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

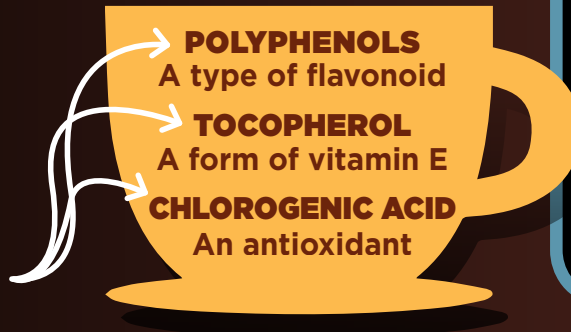
## Behold the mighty coffee bean!

**P**ATIENTS 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