

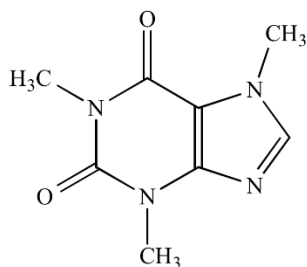


## GREEN COFFEE BEAN (*COFFEA ARABICA*)

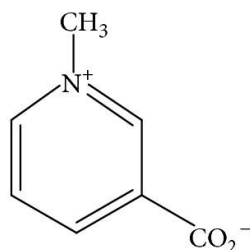


Coffee is an important plantation crop belonging to the family Rubiaceae, subfamily Cinchonoideae and tribe Coffeae. Coffee is one of the most consumed beverages in the world. It is a main dietary source of polyphenol and phenolic acid. These constituents of the coffee are correlated well with the high antioxidant property, weight loss, mood enhancing and increase alertness, effectiveness against hypertension and anticancer property<sup>[1]</sup>.

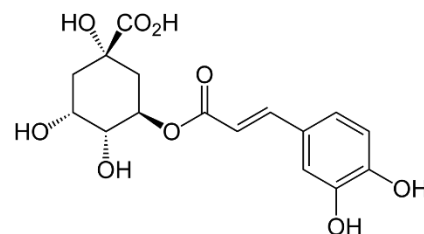
**Chemical Constituent:** Phytoconstituent of Green Coffee bean are caffeine, caffeic acid, trigonelline, chlorogenic acid, and ferulic acid,



**Caffeine**



**Trigonelline**



**Chlorogenic acids**

Carbohydrates, lignin, lipids, proteins, ash and non-volatile acids<sup>[2]</sup>.

### Health Benefit of Green Coffee Bean<sup>[3]</sup>:

- Green coffee is often used to increase mental alertness and Concentration
- Women who drink coffee had lower risk of death from cancer, heart disease, and other aspects, thus affecting their longevity.
- Green coffee bean controls blood pressure.



- A meta-analysis reveals that Green coffee extract helps in weight management<sup>[5]</sup>.
- another study revealed that the chlorogenic acid, which is an active constituent of Green coffee bean extract enhances the wound healing property<sup>[6]</sup>.

### Clinical trials.

### Safety.

Chlorogenic acids (CGA) in green coffee bean extract (GCE) reduce blood pressure in spontaneously hypertensive rats and humans with the dosage of 140mg/day. In the CGA group, but not the placebo group, blood pressure (systolic and diastolic) decreased significantly during the ingestion period. This showed CGA from GCE is effective in decreasing blood pressure and safe for patients with mild hypertension with no side effect observed<sup>[4]</sup>.

**Available grades:** 45%, 50% Chlorogenic acid

### References:

1. Muhammad Zuhair Mohd Zain., et al "Composition and Health Properties of Coffee Bean" European Journal of Clinical and Biomedical Sciences 2017; 3(5): 97-100
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3. Tohda, C., Kuboyama, T., Komatsu, K. Search for natural products related to regeneration of the neuronal network. Neurosignals 2005, 14, 34-45.
4. Takuya Watanabe et. Al. Page 439-449 | Received 12 Sep 2005, Accepted 07 Feb 2006, Published online: 03 Jul 2009 (2).
5. Igho Onakpoya et al., "The Use of Green Coffee Extract as a Weight Loss Supplement: A Systematic Review and Meta-Analysis of Randomised Clinical Trials" Hindawi Publishing Corporation Gastroenterology Research and Practice Volume 2011, Article ID 382852.
6. Affonso et al., "Phytochemical Composition, Antioxidant Activity, and the Effect of the Aqueous Extract of Coffee (*Coffea arabica* L.) Bean Residual Press Cake on the Skin Wound Healing" Oxidative Medicine and Cellular Longevity Volume 2016, Article ID 1923754

### Specification:

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Botanical/ Scientific name</b> | <i>Coffea arabica</i>      |
| <b>CAS No</b>                     | 97593-13-0                 |
| <b>Identification</b>             | HPLC                       |
| <b>Heavy metal</b>                | Not more than 20 ppm       |
| <b>Arsenic</b>                    | Not more than 1 ppm        |
| <b>Lead</b>                       | Not more than 3 ppm        |
| <b>Microbiological profile</b>    | As per JPN Food Regulation |

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