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Coffee and Caffeine Consumption for Human Health

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Message from the Guest Editor

Coffee is one of the most popular and widely consumed beverages worldwide. Caffeine is present in coffee and many other beverages (tea, soft drinks) and is the most widely used central nervous system stimulant. However, caffeine and its metabolites may exert other relevant physiological effects on human health. Evidence is accumulating suggesting that coffee drinking or caffeine supplementation may have a role in preventing cardiometabolic and endocrine disease, neuroinflammation, cancer, and even all-cause mortality. Other aspects are either less known or controversial, including the effects on the brain–gut axis, neurodevelopment, behavior, pain, muscle–skeletal health, skin or sexual function. Studies focusing on special populations (neonates, children, adolescents, athletes, elderly, pregnant and nonpregnant women), or interactions with other drugs and foods, are relatively scarce but of obvious interest. Other compounds present in coffee and other caffeinated food stuffs may affect caffeine's physiological effects with a tremendous impact on health.



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