

## Special Issue

# Coffee and Caffeine Consumption for Human Health

### 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.

### Guest Editor

Prof. Dr. Raquel Abalo

Department of Basic Health Sciences, Faculty of Health Sciences, Rey Juan Carlos University (URJC), Alcorcón, 28922 Madrid, Spain

### Deadline for manuscript submissions

closed (30 September 2020)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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