

Wake up and smell the benefits. NESCAFÉ® Green Blend coffee combines great flavour with a healthy antioxidant boost.



## Ultimate Health Kick

Great taste, evocative aroma or a kick-start to the day – whatever coffee provides, by going green you can take your cuppa to another level.

Until now it's unlikely that 'protecting your body's cells from damage' has featured highly in your reasons for saying 'yes' during the office coffee round. But that could all be about to change.

Because all coffee is naturally rich in antioxidants, there's already plenty of sound research to show that coffee comes with many positive health benefits, including feelings of increased energy, alertness and concentration. The UK Food Standards Agency agrees that it contributes to your recommended daily fluid intake.

Coffee is also naturally rich in polyphenol antioxidants, which can help to protect the body's cells from day-to-day damage. These antioxidants give foods such as berries their 'superfood' status as they counter the effects that oxidation can have on your cells.

NESCAFÉ® Green Blend has been created specifically to maximise the antioxidant

benefits found naturally in coffee. Made using a special blend of unroasted 'green' coffee beans and traditionally roasted coffee beans, a mug of NESCAFÉ Green Blend contains an estimated 160mg of polyphenol antioxidants. Nestlé nutritionist Liz Read explains "Unroasted green coffee beans naturally contain high levels of polyphenol antioxidants – by using a blend of unroasted and roasted coffee beans, the polyphenol content in NESCAFÉ Green Blend coffee is substantially increased."

So not only are you getting the added boost to combat wear and tear of your body's cells but NESCAFÉ Green Blend still delivers the same great NESCAFÉ flavour. You can enjoy it just as you would your usual coffee – with milk and sugar added, if you fancy – and reap the added health benefits. So much so, you may even volunteer to make the next round yourself!

### MUG UP ON BEAN BENEFITS

#### KEEPS YOU ALERT

Many reports link caffeine to increased alertness and when taken before exercise, it can reduce fatigue.\*

#### HELPS YOU WORK OUT LONGER

Compared to simply drinking water caffeine in coffee was found to be better at enhancing exercise performance, helping you to go faster, for longer.\*\*

#### HYDRATE YOUR BODY

Coffee can contribute to your daily fluid intake. Maintaining your hydration levels is key when exercising.\*\*\*

nescafe.co.uk  
RRP £2.98†

Like all NESCAFÉ coffee, NESCAFÉ Green Blend is made from 100% pure and natural coffee beans. It has been specially developed by coffee experts to include a high content of polyphenol antioxidants.



\* Report: M. Beggs & J. Coffee. Implications for alertness in athletes. *Journal for Clinical Sports Medicine*, 2005, 5(4): 4-10  
\*\* See: D. W. et al. Effect of caffeine on performance in athletes: a meta-analysis. *Journal of Applied Physiology*, 2002, 93: 890-898  
\*\*\* See: W. K. (2007) Fluid – why you need it and how to get it right. *Football for Dummies*. Bantam Books, London  
† 100g sachet. Always check the label for the full description of the product.