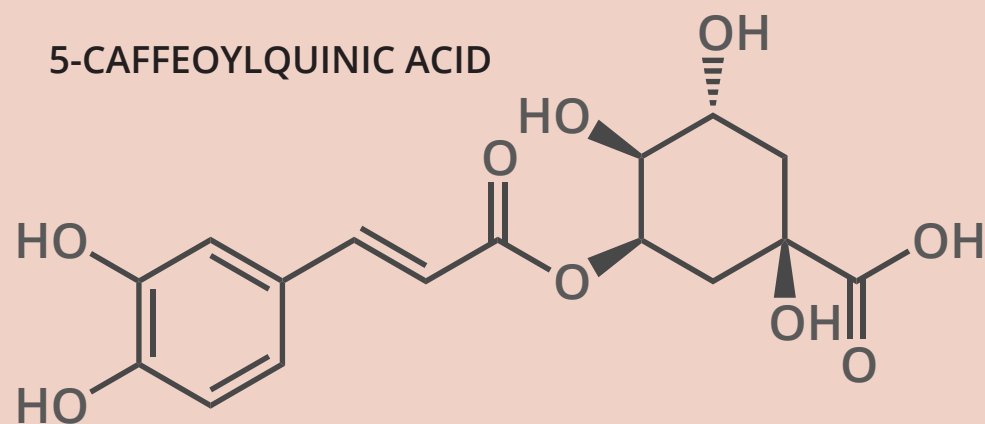


THE CHEMISTRY OF COFFEE

WHY IS COFFEE BITTER?

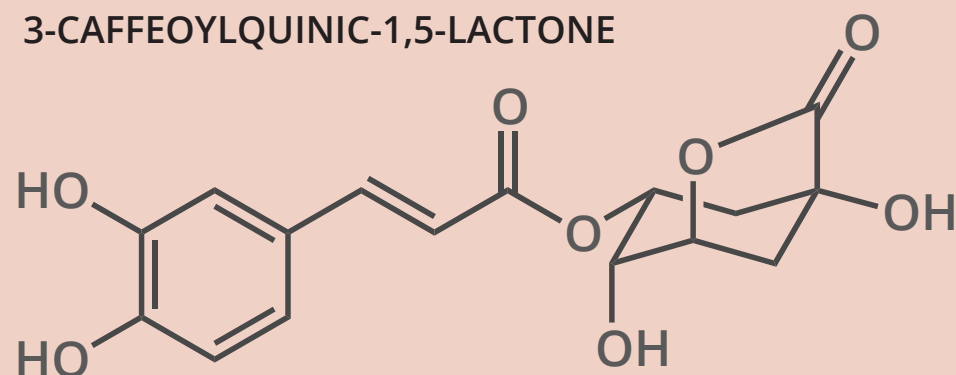
5-CAFFEYOYLQUINIC ACID



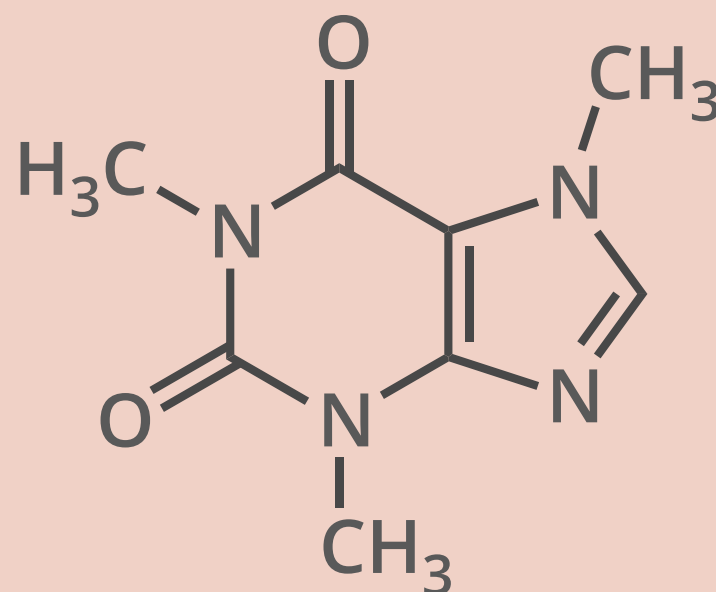
Chlorogenic acids account for up to 8% of the composition of unroasted coffee beans. More than 40 different varieties have been identified in green coffee beans, with 5-caffeoylquinic acid the most prevalent.

Chlorogenic acid content decreases when coffee beans are roasted, as they react to form quinolactones, phenylindanes & melanoidins. These contribute to flavour and bitterness.

3-CAFFEYOYLQUINIC-1,5-LACTONE



THE CAFFEINE CONTENT OF COFFEE



The caffeine content of coffee is variable but is approximately 100mg in a cup.

Caffeine works by blocking the action of a group of brain chemicals called adenosines, which work to naturally trigger tiredness.

The amount of caffeine in your bloodstream peaks 15 to 45 minutes after ingestion.

