

Caffeinated Drinks Brimming With Good Health

(NAPSA)—Drinking coffee or tea is a popular way to start your day and boost your energy—but recent studies show that these caffeinated drinks may also be good for your health. That could make them even more popular.

Here are some facts about caffeinated cups of nutrition:

- More than one study has found that downing one to three cups of caffeinated coffee daily can reduce diabetes risk. Having six cups or more each day slashed men's risk by more than half and women's by a third.

- People who drink coffee on a regular basis are less likely to develop Parkinson's disease and may also reduce their risk of colon cancer.

- Tea has been shown to contain antioxidant polyphenols. Some studies suggest these polyphenols may reduce the risk of gastric, esophageal and skin cancers, if a person drinks four to six cups of tea daily.

Another study said just two cups of tea may lower the risk of ovarian cancer by almost half. A Japanese study found that green tea lowers death rates from heart disease. Drinking tea may also help lower cholesterol levels.

- Many coffee and tea drinks offer added nutritional benefits. For example, Drenchers has added antioxidant All Natural Fit 'N Lean Super Blends to its lineup of great-tasting and nutritional beverages. The five new blends are Green Tea Latte, Iced Coffee, Mocha Cappuccino, Chai Tea Latte and Chocolate Raspberry Frappe.



The latest caffeinated drinks with indulgent, delicious flavors contain antioxidants and have significantly lower calories, carbs and sugars.

Besides tasting great, each new flavor contains the Bodyguard fortification package of powerful antioxidants.

Each nutritional package contains antioxidant vitamins A and E, zinc (also an antioxidant), non-fat milk, electrolytes calcium and magnesium, and vitamin B3, which is important for converting calories from protein, fat and carbohydrates into energy.

Each 9.5-ounce bottle has only 100 calories—half the calories of the leading brands.

In addition to these drinks, the company also produces and distributes a line of all-natural 100 percent Super Juices and a line of Fit 'N Lean Super Juice beverages with only 10 calories a serving. For more information, visit www.nbjuiceworks.com.