

GREEN COFFEE 5K - GREEN COFFEE 5K REVIEW – A GUARANTEE OF A SLIM FIGURE

Not long ago, we had the pleasure of describing the health promoting and slimming properties of green tea, today it is time to present its caffeine-containing counterpart, green coffee.

Also known by another name, raw coffee, it has become an ingredient of many popular supplements supporting rapid weight loss, although it can also be consumed in another form, an infusion with a characteristic, slightly sour taste.



Green Coffee 5k

GREEN COFFEE – COMPOSITION AND HEALTH PROPERTIES



Coffee beans and a cup

Coffee is, next to tea, probably the most popular drink in the world and many of us cannot imagine a morning without it.

However, to make a cup of tasty, energy-giving drink, we use ground beans that have undergone a prior roasting process. This process involves placing green coffee beans in a special machine where they are heated to a temperature of 200–300 degrees, gradually turning black and roasting them to bring out their full flavour and aroma.

By **green coffee we mean unroasted beans which retain all their health properties without losing valuable nutrients, of which there are many.** The most important is undoubtedly chlorogenic acid, but apart from it, coffee also contains:

- vitamins: B1, B2, vitamin B12 and significant amounts of vitamin C;
- minerals: iron, phosphorus, magnesium, potassium, sodium, copper and zinc;
- a large amount of caffeine, which acts, among others, as a stimulant;
- the mentioned chlorogenic acid, an antioxidant that inhibits free radicals;
- pantothenic and folic acids;
- polyphenols.

Such an extensive composition immediately translates into health properties of green coffee, and its positive effects will be felt by the entire body. Regardless of the form in which we consume it, we can count not only on the reduction of appetite, but also on antifungal, antibacterial and antiviral properties.

It also removes all toxins from the body, especially heavy metals and the aforementioned free radicals, it also protects the liver thanks to its cholagogic properties, strengthening immunity.

Caffeine, in turn, improves physical and mental performance, increases endurance and speeds up regeneration even after intensive effort. People complaining about problems with the circulatory system should appreciate the lowering of the cholesterol level in blood, an effective prophylaxis against atherosclerosis.

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GREEN COFFEE – AN INVALUABLE AID IN WEIGHT LOSS



Green coffee beans

The influence of green coffee on health is certainly significant, however we are most interested in its slimming properties and in this field it definitely has something to boast about.

The effectiveness has been confirmed by scientific studies, and the most important in this process is chlorogenic acid, allowing for a safe weight loss of more than 0.5 kg per week. It may not seem like much, but 2 kg a month certainly makes a difference, and such a rate of slimming down also minimises the risk of the yo-yo effect.

Unroasted grains primarily reduce the absorption of glucose from food, while taking care to constantly maintain its proper level in the blood. Less absorption of glucose forces also the extraction of energy from fat tissue, which accelerates its burning.

Chlorogenic acid helps control appetite and snacking, the nightmare that often makes it impossible to get rid of excess weight, and the elimination of dangerous toxins results in the absence of metabolic problems and better digestion of every meal.

The best results are also achieved by combining the action of this acid with caffeine, which stimulates metabolism and also inhibits appetite. The combination seems ideal, but as always, let's not forget that green coffee, in any form, is only one element of the treatment and we can't forget about a proper diet and a large dose of daily exercise.

Physical activity will be facilitated by caffeine, giving us energy not only to walk, but also to play some sport, run or train crossfit, the benefits of which cannot be underestimated.

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GREEN COFFEE – PRACTICAL USE IN THE KITCHEN

We can get this type of coffee without much trouble in health food stores, both in the form of whole beans and more practical ground powder.

Preparing an aromatic infusion is child's play, but it should be remembered that green coffee should not be poured over boiling water, which destroys all its nutritional properties.

It's best to pour the water with a maximum temperature of 90 degrees and steep it under a lid for about 10 minutes and finally spice it up with sugar, which of course we don't recommend, or honey, cinnamon, cardamom, ginger or vanilla.

The taste is unfortunately quite specific, very different from the black drink we know and you just have to get used to it. There are also some contraindications to its consumption and green coffee must be avoided by pregnant or breastfeeding women, children under the age of 16 and people suffering from various heart diseases, including hypertension.

GREEN COFFEE – AVAILABILITY IN TABLET FORM



Green Coffee 5k

For this reason, dietary supplements based on these small, healthy beans, much less cumbersome to use, will be a better option. The amount available on the market can make it difficult to choose and not all of them contain the right dosage of coffee, bringing fast, desired effects.

One that we can recommend with a clear conscience is **Green Coffee 5k** The one that enjoys the best opinions of many satisfied consumers. In one tablet is up to 5000 mg of active coffee extract, so you can count on:

- decrease appetite;

- acceleration of metabolic processes, resulting in faster fat burning;
- proper blood sugar level;
- more energy and faster regeneration of the body.

Green Coffee 5k can be purchased directly from its manufacturer by placing an order for its [website](#) and it is worth taking advantage of attractive price promotions offered by it.

BUY GREEN COFFEE 5K NOW