



Coffee Powder

- **Boosts Physical Performance**

Increases adrenaline levels and breaks down body fat, providing energy for physical activity.

- **Regulates Blood Sugar**

May help manage blood glucose levels by improving insulin sensitivity.

- **Fights Depression**

Stimulates neurotransmitters like serotonin and dopamine, improving mood and reducing symptoms of depression.

- **Improves Mental Health**

Enhances cognitive functions like memory, attention, and reaction time.

- **Increases Alertness**

Helps you stay awake and focused, especially during long working hours or study sessions.

Use : Boil water, add coffee powder in it, pour milk and flavorings such as coco beans, vanilla etc.



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- **Rich in Antioxidants**

Contains powerful antioxidants that fight inflammation and protect cells from damage.

- **Supports Heart Health**

Moderate coffee consumption has been linked with reduced risk of heart diseases.

- **Promotes Fat Burning**

Common ingredient in fat-burning supplements due to its metabolism-boosting effects.

- **May Lower Risk of Neurological Diseases**

Studies suggest it may reduce the risk of Alzheimer's and Parkinson's disease.

- **Improves Mood and Energy**

Combats fatigue and uplifts mood, promoting a more energetic and positive state of mind.

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