

Healthy and Beauty Benefit of Coffee's Stem Cells

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Editorial

Coffee is one of plant which has many macronutrients such as carbohydrate, protein, lipid [1] and micronutrients such as Mg and vitamin B3 [1-3], Cr [4]. Coffee contains more protein than carbohydrate and lipid.

Plant is a synthetic derivate stem cell [5]. Plant has beauty and healthy benefits for our health but not really like original human beauty and healthy benefits [5]. The human beauty benefit is stimulating human epidermal stem cell production and also collagen production so will improve the elasticity of our skin and will boost the turnover of outer layer. The human health benefit is influence growth factor, cytokines and helper protein. [5]. Plant only boosts our immune system for our healthy body and beauty skin but not produced immune system like human could be done [5,6].

Coffee has many non-nutrients, too. Non-nutrients such as caffeine and phenolic acid. Polyphenol coffee has antioxidant activity and as one of coffee's content that very important and abundant, polyphenol has many healthy activities [6-11]. Polyphenol's structures are hydroxyl and aromatic ring. They are secondary metabolites from coffee's plant which could attack ultraviolet radiation [12] Caffeine coffee has many health benefits. The potentiality of coffee will boost immune system if we drank 2 cups of coffee daily [13].

Coffee is bean of coffee's plant [14], but could act as synthetic stem cell. Coffee will influence boost immune system. Its benefit for our health. It will act look like actual stem cell but from coffee stem cell. So, coffee has active derivatives mechanism like natural stem cells.

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