

Comparison of Purity Coffees with Comments and USRDA information

	FLOW	PROTECT	EASE	CALM	Comment/Reason
Coffee Cultivar(s)	Castillo, Catuai/Caturra	Tabi	Caturra, Catimor, catuai, bourbon and parainema	Castillo mainly with 25% blend of caturra, catuai, bourbon and parainema	1. Blend for FLOW because of the volumes of coffee needed, the crop cycles, the flavor profile for consistency. 2. Tabi is generally sweeter anyway, with honey process is mellow-sweet for a higher acidity due to lighter roast to retain CGA. FLOW would not taste as nice roasted at the level of PROTECT because of cultivars and blend percentages.
Processing	100% Washed Arabica	100% Red Honey processed (aka Pulped Natural) Arabica	100% Washed Arabica	100% Washed Arabica and 100% Swiss Water Process Decaf	
Acidity (pH)	5.10	4.95	5.19	5.10	

Antioxidants, Minerals, Vitamins - Amount per 15g Serving Size (roasted, ground coffee not brewed)

USRDA LISTED IS FOR ADULTS - <https://www.fda.gov/media/99069/download>

CGA	321 mg	366 mg	203 mg	257 mg	<p>Results from laboratory at the Federal University of Rio de Janeiro, where they have specialized a process for calculating the following types of CGA: 3-CQA, 4-CQA, 5-CQA, 3-FQA, 4-FQA, 5-FQA, 3,4-diCQA, 3,5-diCQA, 4,5-diCQA, 3-CQL, 4-CQL. The totals of all CGA are entered at left. Again, this is ground coffee, not brewed.</p> <p>2 cups of PROTECT equals about the same amount of potassium as one large banana; or 1.5 cups of PROTECT is equivalent to 1 cup of coconut water. A healthy adult should aim to consume 3,500-4,700 mg daily from foods. If you have a heart or kidney condition, your doctor may recommend a low-potassium diet. Your kidneys are responsible for keeping a healthy amount of potassium in your body. If they're not working right, you may get too much or too little.</p> <p>If you have too much potassium in your blood, it can cause cardiac arrest -- when your heart suddenly stops beating. If you have too little potassium in your blood, it can cause an irregular heartbeat. Your muscles may also feel weak. The list at the link below does not even have coffee, even though 1 cup of coffee (using 15 g ground coffee per cup) has almost the same amount of potassium as a cup of peaches. https://www.dietaryguidelines.gov/food-sources-potassium</p> <p>In the last two decades, trigonelline produced during roasting was found to contribute differently to coffee bioactivity, especially to the effects related to blood glucose and lipids regulation, among more recently investigated ones such as neuroprotection, antifibrotic and hepatoprotective effects; antioxidant, anti-inflammatory and anti-tumoral effects and gastroprotective effect. Trigonelline has also been considered as a phytohormone candidate.</p> <p>This accounts for brewing at about 205F/96C and steeping for 5 minutes.</p> <p>USRDA= 900 Micrograms/day with maximum 10,000 mcg/day</p> <p>USRDA= 310-420 depending on gender and age. Maximum: No upper limit for magnesium in food and water; 350 mg/day max for supplement use. 4 cups of coffee/day is about 1/3 the USRDA.</p> <p>USRDA= 8-11 mg/day depending on gender and age. Maximum 40 mg/day before toxicity.</p> <p>USRDA= 700 mg/day. Maximum 3000 mg/day over age 70; 4000 under age 70.</p> <p>USRDA= 8 mg/day for men and for women over age 51. Women 18-21=18 mg/day. Maximum 45 mg/day.</p> <p>USRDA= 1000-1200 mg/day. Maximum 2000 mg/day over age 70; 2500 under age 70.</p> <p>USRDA= 1.8-2.3 mg/day. Maximum 11 mg/day.</p> <p>USRDA= 15 mg/day. Maximum 1000 mg/day from supplements; no upper limit if from food.</p> <p>Niacin, also known as vitamin B3, is an important nutrient. In fact, every part of your body needs it to function properly. As a supplement, niacin may help lower cholesterol, ease arthritis, and boost brain function, among other benefits. However, it can also cause serious side effects if you take large doses.</p> <p>USRDA= 5 mg/day.</p> <p>USRDA= 30 mcg/day.</p> <p>USRDA= 1.1-1.3 mg/day.</p>
Potassium	260 mg (1040 mg/ 4 cups per day)	267 mg (1068 mg / 4 cups per day)	264 mg (1056 mg / 4 cups per day)	266 mg (1064 mg / 4 cups per day)	
Trigonelline	0.73 g/100g ground roasted	0.76 g/100g ground roasted	0.52 g/100g ground roasted	0.73 g/100g ground roasted	
Caffeine	appx. 140 mg per mug (15g ground)	appx. 140 mg per mug (15g ground)	appx. 151 mg per mug (15g ground)	appx. 0.14 mg per mug (15g ground)	
Copper	236 mcg	219 mcg	211 mcg	220 mcg	
Magnesium	29.3 mg	29.7 mg	29.8 mg	29.8 mg	
Zinc	0.105 mg	0.115 mg	0.0898 mg	0.101 mg	
Phosphorus	28.0 mg	27.7 mg	26.1 mg	29.5 mg	
Iron	0.422 mg	0.572 mg	0.445 mg	0.573 mg	
Calcium	16.2 mg	20.4 mg	17.4 mg	18.0 mg	
Manganese	5.04 mcg	awaiting results	7.3 mcg	6.45 mcg	
Vitamin E	0.485 mg	0.433 mg	0.527 mg	0.436 mg	
Niacin	1.39 mg	0.75 mg	1.59 mg	1.08 mg	
Pantothenic Acid Vitamin B5	0.036 mg	0.032 mg	0.033 mg	0.029 mg	
Biotin	6.42 mcg	5.76 mcg	6.14 mcg	5.09 mcg	
Riboflavin B2	0.054 mg	0.051 mg	0.046 mg	0.039 mg	