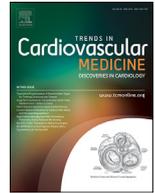




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## Letter to the Editor

## Author's reply: Caffeinated beverages and cardiovascular disease



We thank Dr. Kawada [1] for drawing attention to a recent Iranian cohort study of 2369 participants that demonstrated a higher risk of cardiovascular disease (CVD) in the highest tertile of caffeine consumption [2]. By contrast, the large meta-analysis of 36 studies with 1,279,804 participants we refer to in our review article demonstrated no significant difference in risk of CVD between the highest and lowest categories of coffee consumption with the lowest risk of CVD in those with the second highest levels of coffee consumption (median 3.5 cups/days) [3]. Possible explanations may relate to factors unique to Iran, including low intake of coffee and green tea (with black tea comprising the main dietary intake of caffeine), oxidation in the process of black tea production converting catechins into more complex compounds and addition of sugar to black tea. While we conclude that “mild-to-moderate habitual consumption of caffeinated beverages, particularly a daily intake of 2–3 cups of coffee or tea, appears to be safe” with respect to CVD [4], we agree that more prospective randomized trials are required before definitive recommendations can be made.

## References

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