



Review

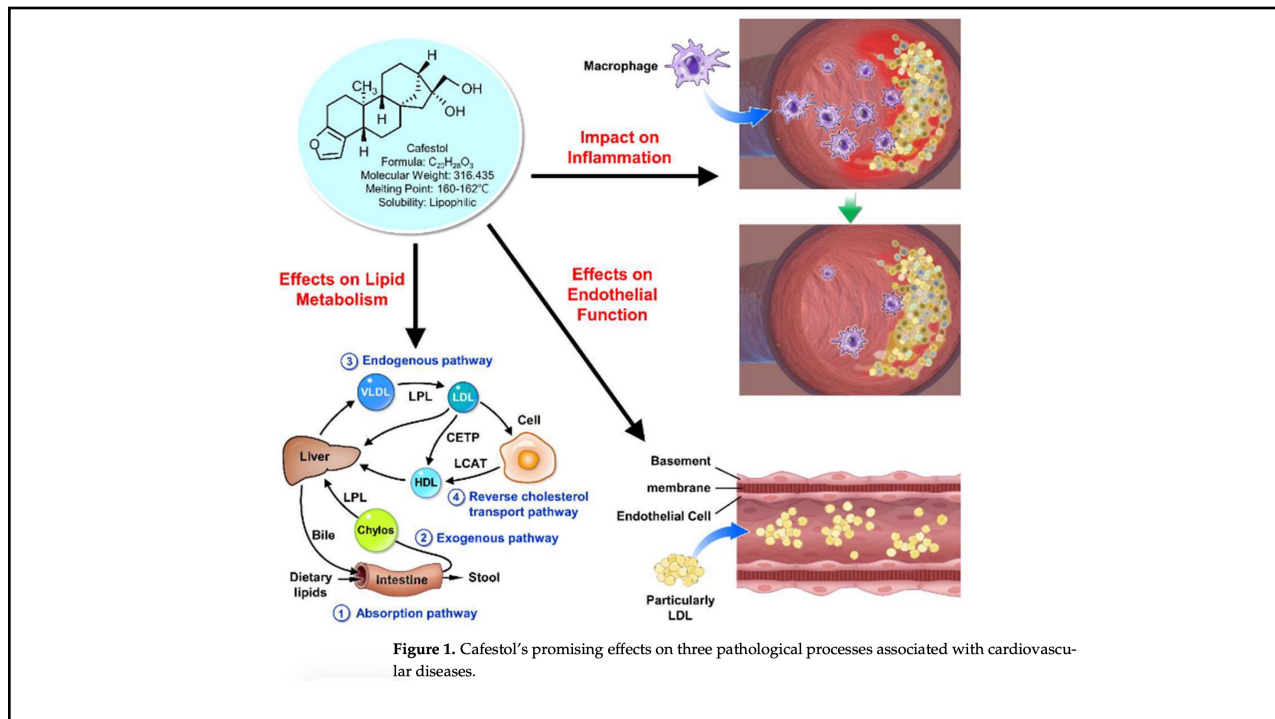
# The Association between Cafestol and Cardiovascular Diseases A Comprehensive Review

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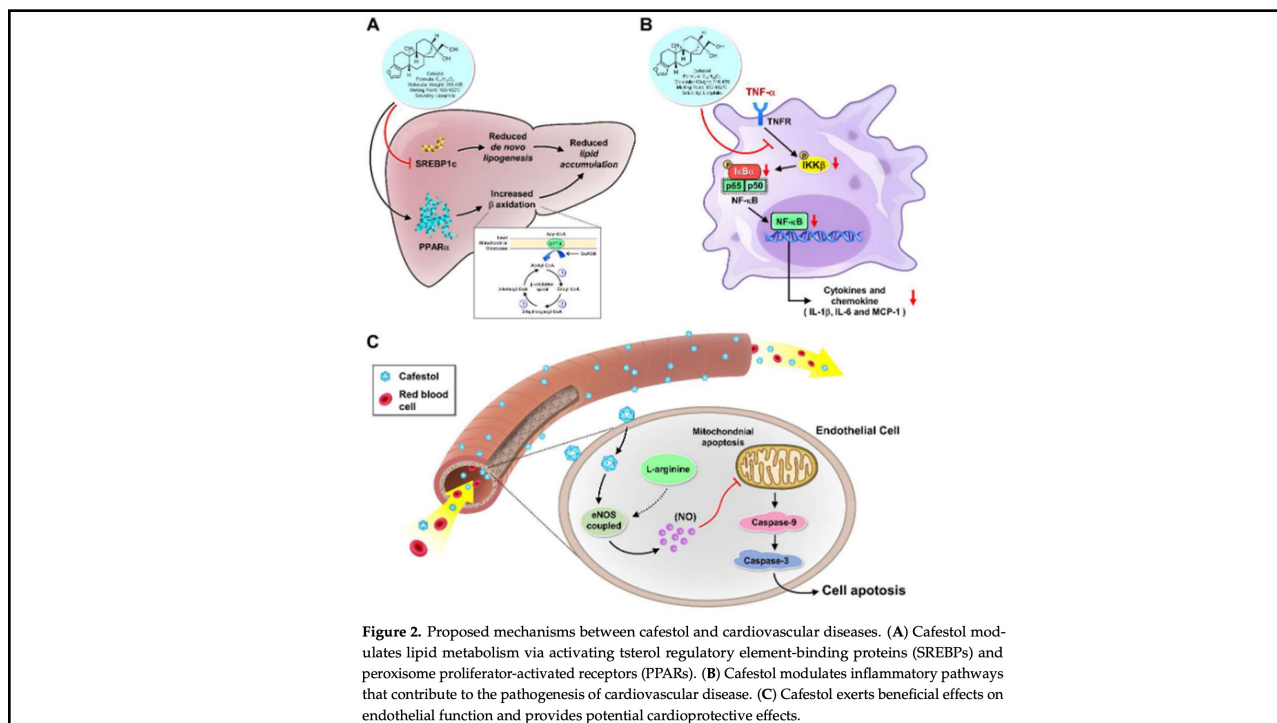
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**Abstract:** Cafestol, a bioactive compound found in coffee, has attracted considerable attention due to its potential impact on cardiovascular health. This review aims to comprehensively explore the association between cafestol and cardiovascular diseases. We delve into the mechanisms through which cafestol influences lipid metabolism, inflammation, and endothelial function, all of which are pivotal in cardiovascular pathophysiology. Moreover, we meticulously analyze epidemiological studies and clinical trials to elucidate the relationship between cafestol and cardiovascular outcomes.

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**Table 1.** Clinical trials of cafestol's effects on lipid profiles are summarized in Table 1.

	Title	Authors	Years	Result
1.	Coffee consumption induces GSTP in plasma and protects lymphocytes against (+/-)-anti-benzo[a]pyrene-7,8-dihydrodiol-9,10-epoxide induced DNA-damage: results of controlled human intervention trials	Steinkellner et al. [39]	2005	Cholesterol slightly enhanced
2.	Consumption of French-press coffee raises cholesteryl ester transfer protein activity levels before LDL cholesterol in normolipidaemic subjects	De Roos et al. [32]	2000	Raise LDL cholesterol
3.	Diterpenes from coffee beans decrease serum levels of lipoprotein(a) in humans: results from four randomised controlled trials	Urgert et al. [13]	1997	Influence serum lipoprotein(a) levels.
4.	The cholesterol-raising diterpenes from coffee beans increase serum lipid transfer protein activity levels in humans	Van Tol et al. [34]	1997	Raise serum LDL and reduce HDL
5.	Separate effects of the coffee diterpenes cafestol and kahweol on serum lipids and liver aminotransferases	Urgert et al. [11]	1997	Raise total cholesterol, LDL, and fasting triacylglycerols; reduce HDL.
6.	Effects of cafestol and kahweol from coffee grounds on serum lipids and serum liver enzymes in humans	Urgert et al. [33]	1995	Raise serum cholesterol
7.	Diterpene composition of oils from Arabica and Robusta coffee beans and their effects on serum lipids in man	Mensink et al. [40]	1995	Elevated serum lipid levels

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