

# Benefits of coffee to men's sexual health

Coffee can improve blood circulation, supporting erectile function, but drinking too much can cause stress and reduce libido.

According to Men's Health Center, coffee, which contains caffeine, can affect men's sexual health in several ways, specifically:

## **Improve erectile dysfunction? ??**

A study from PLOS ONE found that men who drink about 2-3 cups of coffee a day may have a lower risk of erectile dysfunction (ED) than those who don't drink coffee. Caffeine acts as a stimulant, helping to increase blood flow to the penis, thereby helping to maintain an erection.

Men who consume 85 to 170 mg of caffeine per day have a 42% lower risk of erectile dysfunction than those who do not drink caffeine. Caffeine may work by relaxing the arteries and smooth muscles in the penis, thereby increasing blood flow and improving erectile function.

## **Maintain sexual health? ??**

Good cardiovascular health is important for maintaining sexual health, as it helps blood flow better to the genitals.

Coffee may benefit heart health if consumed in moderation, helping to reduce the risk of cardiovascular disease and improve sexual function in men.

According to the Journal of Urology, cardiovascular diseases can lead to erectile dysfunction due to restricted blood flow. Therefore, maintaining good cardiovascular health through reasonable coffee consumption habits can indirectly support sexual health.



Coffee can benefit men's sexual health if consumed in moderation. Photo: Pexels

### **Negative effects of consuming too much coffee? ? ??**

While coffee can provide many benefits for men's sexual health, consuming too much can be harmful. Excessive caffeine consumption can cause anxiety, insomnia, and increased heart rate, negatively affecting mental and overall health. These factors can reduce sexual desire and cause erectile dysfunction.

Some studies have also shown that consuming too much coffee can reduce testosterone levels, a hormone important in maintaining sex drive and fertility in men.

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