

Bulletproof Coffee: Fact or Myth?

There is an emerging fad spreading across the U.S. called “bulletproof coffee” in which several ounces of butter and oils are blended into a cup of black coffee before being consumed. The reported benefit of these added triglycerides includes a more sustained energy boost without the jitters that come from consuming too much caffeine at one time. Answer the following questions regarding the physiology behind these supposed benefits.

- c. Once absorbed into the body, caffeine has a half-life of approximately 2.5 – 4.5 hours. Explain how adding fat to coffee could affect *how long* the caffeine would remain in circulation relative to drinking just a normal, non-buttery cup of coffee.
- d. Based on your analysis above, is there any physiological support for Bulletproof coffee giving a more sustained energy boost without jitters? Briefly explain.
- e. Would you recommend Bulletproof coffee to someone who has had their gall bladder removed? Why?