

Is Beer an Anti-Aging Supplement?



We reviewed the literature on **moderate beer consumption** within the context of a **healthy lifestyle** and found that:

Beer improves your health

Metabolic Health

Moderate beer consumption increases your levels of good fats (lipoprotein cholesterol).



Bone Health

Moderate beer consumption may increase your bone strength, bone density and reduce your fracture risk.



Cardiovascular Health

Moderate beer consumption may protect you from cardiovascular disease.



Beer is rich in nutrients

- Amino acids
- Minerals
- Vitamins
- Polyphenols

Hops reduce bleeding risk

Phenolic compounds present in hop flowers inhibit platelet activity, reducing the risk of forming blood clots.



How much beer should you drink?



1 standard drink daily for women

1-2 standard drinks per day for men.



However...

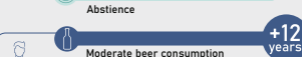
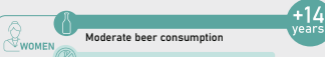
Cramming your weekly volume in one session is not ok!



Life expectancy of moderate beer drinkers

Data from 100,000 USA people shows a **life expectancy increase** of:

0 AGE IN YEARS 100



In conjunction with other healthy lifestyle choices including:



NEVER SMOKING



PHYSICAL ACTIVITY



HEALTHY DIET



HEALTHY WEIGHT



Beer has significant anti-aging effects