

CHAPTER I

INTRODUCTION

1.1 BACKGROUND

Coffee is one of the most popular beverages and it is consumed by people from various circles in the world. There are various kinds of content possessed by coffee, one of which is caffeine. The content of caffeine in coffee ranges between 85 milligrams useful as bitter taste. In the world of medicine, caffeine is often used as a heart stimulator and increase urine production. In low doses of caffeine can serve as a source of stamina and pain relief. The mechanism of action of caffeine in the body is to rival the function of adenosine (one of the substances in which brain cells can make people fast asleep).

Where caffeine does not slow down the movement of body cells, the release of caffeine will reverse all the action of adenosine so that the body no longer drowsy, but appears feeling refreshed, slightly excited, eyes wide open, heart beat faster, blood pressure rises, muscles contract and The liver will release the sugar into the bloodstream which will form the extra energy.

That's the medicine of various types of stamina general booze containing caffeine as a staple. This reduces tiredness and makes us feel more alert

There are numerous studies showing that caffeine can lead to a short-term boost in brain function. including improved mood, reaction time, vigilance and general cognitive function

Caffeine can also boost metabolism (calories burned) by 3-11% and even increase exercise performance by 11-12%, on average.

However, some of these effects are likely to be short-term.(*Authoritynutrition*, 2012) If you drink coffee every day, then you will build a tolerance to it and the effects will be less powerful In fact the content of the caffeine compound itself has some negative effects if too much consumed by the body. Among getting headache, insomnia, diarrhea, heart racing.

Dates (Arabic: تَمْر, Tamr; Latin name *dactylifera Phoenix*) is a palm plant (Arecaceae) in the genus of *Phoenix*, its fruit can be eaten. Dates palm growth originally in Arab. The shape of the fruit is oval-cylindrical with a length of 3-7 cm, diameter 2-3 cm and when young is bright red color to bright yellow, depending on the type. Dates have single seeds that measure about 2-2.5 cm long and 6-8 mm thick. (*Anonymous, 2016*).

Many people know date palm, they already eaten many times. After they eat the date palms, they would throw away the seeds. So, we have solution to make coffee from date seed which has mineral sources, that can make the heart rate stable, and nourish the nervous system and balance the metabolism in the body, rich of vitamin A and B and contain antioxidant to protect body from radical attack. This substance is very large role in humans to prevent the occurrence of disease.

Date seeds itself have some benefit, among cure diabetes, give warmth to the body, cure cancer, cure stomachache, heal headaches, and blood circulation

1.2 Objective

And our goal here is to invite all those coffee lovers who have high caffeine content, and heavy coffee lovers to switch consume from ordinary coffee to coffee from date seeds that have a lot of benefits for our bodies like high antioxidant and mineral sources.