

Published based on [Can Coffee Combat Gout or Uric Acid?](#)

Can Coffee Combat Gout or Uric Acid?

Before answering the question on how affective coffee is for gout relief or lowering uric acid levels I wanted to answer another question that is frequently asked when visitors leave a comment here. "Where do you find your information on gout?" To start I will do a Google search in quotes, review articles, blog posts, and medical research papers. How does this relate to todays post? While researching the topic of coffee for gout relief I couldn't find a definite answer so I wanted to share with you one of the resources that I use. [Arthritis Foundation](#) Ask an information specialist your question.

Simply scroll over the diseases tab at the top, from the drop down select questions & answers, then select you language. You are now ready to ask an information specialist your question. So here is the reply to my question "Can Coffee Combat Gout or Uric Acid?"

"Great question. Yes, there's some truth to the notion that coffee may help protect against gout. A few large studies have shown that people who have the highest amounts of coffee consumption, usually more than 4 cups a day, have a 40-60% lower risk of having gout than those who don't drink any coffee.

That's not a huge effect, however, and researchers aren't sure what it is about coffee that may help lower uric acid levels. They don't think it's caffeine (because tea and other caffeinated beverages didn't have any affect risk), but other substances in coffee may be at work, perhaps an antioxidant in coffee called chlorogenic acid.

So what's the takeaway of all this? If you're already having gout attacks and you're trying to keep your uric acid under control, coffee won't replace medication, but it won't hurt your efforts, either. So enjoy your daily Joe."

Kind regards,

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You can also find this article published on [Can Coffee Combat Gout or Uric Acid?](#), and on the tag pages [arthritis](#), [cures for gout](#), [gout and diet](#), [gout home remedies](#), [gout medicine](#), [gout natural cures](#), [natural cures for gout](#), [purine](#), [uric acid](#), [what is gout](#).