

Kopi Minim Kafein (Komik) *Low Caffeine Coffee*



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Kopi mengandung kafein dapat menimbulkan efek samping seperti peningkatan denyut jantung, tekanan darah dan aliran darah ke otot. Pada proses metabolisme, kafein juga meningkatkan glukosa oleh hati sehingga menaikkan mobilitas lemak dan penggunaan glikogen.

Teknologi dekafeinisasi mampu menurunkan kadar kafein pada kopi jenis Robusta hingga di bawah 1%. Rata-rata kandungan kafein kopi Robusta sebelum proses dekafeinisasi berkisar antara 2-2,3%.

Kopi Arabica setelah dekafeinisasi mengandung 1% kafein. Rata-rata kopi Arabica tanpa dekafeinisasi berkisar antara 1,2-1,8%.

Kopi minim kafein diberi nama "Komik" dan telah dikomersialkan secara luas melalui kerjasama dengan Koperasi SEKAR yang beralamat di jalan Sudirman 90, Jember Jawa Timur. Rata-rata produksi "Komik" 1.000 box per minggu.

Coffee contains caffeine that has negative side effects causing increased heart rate, blood pressure, and blood flow to the muscles. In the metabolism process, caffeine also increases glucose thereby increasing the mobility of fat and the use of glycogen.

Decaffeinating technology is able to reduce levels of caffeine in coffee Robusta to below 1%. The average caffeine content of coffee before it is decaffeinated ranges from 2 to 2.3%.

The average caffeine content of Arabica coffee after decaffeinated is 1%.

The normal average content of Arabica coffee ranges from 1.2 to 1.8%. A coffee with a minimum caffeine is named as "Komik" and it has been widely commercialized in the market in collaboration with SEKAR Cooperative in Jember, East Java. The average production of "Komik" is 1,000 boxes per week.