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Coffee Benefits

alert ə'le:t

relaxed rɪ'lakst

benefit 'benɪfɪt

ingredient ɪn'gri:dɪənt

caffeine 'kafi:n

stimulate 'stɪmjʊleɪt

focus 'fəʊkəs

tired taɪəd

stressed strɛst

headache 'hedeɪk

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blood blʌd

diabetes daɪə'bi:tɪz

liver 'lɪvə

muscle 'mʌs(ə)l

fat fat

mineral 'mɪn(ə)r(ə)l

insulin 'ɪnsjʊlɪn

blood pressure blʌd 'preʃə

allergy 'alədʒi

Italian ɪ'taljən