

Gene variant may influence coffee consumption by slowing metabolism

A gene that appears to wield influence over the amount of coffee people drink has been found by scientists who believe the section of DNA alters how caffeine is broken down in the body.

Italians villagers who carry a specific variant of the PDSS2 gene consume about one less cup of coffee per day compared with non-carriers....

The gene variant appears to affect people's coffee intake by slowing the metabolism of caffeine in the body. When caffeine is broken down more slowly, the stimulant lingers in the blood for longer and gives people a more enduring "hit" for every cup.

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The researchers found that people with a specific variant of the PDSS2 gene tended to drink fewer cups of coffee than those who carried other variations of the gene.

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Many of the genes that have a role in the breakdown of caffeine also metabolise certain medicines...[U]nravelling the genes could help scientists understand why some patients respond differently to their drugs than others, and so help doctors...personalise their treatments....

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [Your daily coffee habit could be partly genetic, new study suggests](#)