



Coffee and Caffeine Consumption in Reproductive Functions of Adult

Wistar Rats

Abstract:

Research interests in Coffee have expanded with the discovery of the antioxidant properties of this *Coffea Arabica*. Coffee from *Coffea Arabica* is a popular beverage consumed worldwide. Its effect on health has been a global puzzle. In this study, the effect of coffee consumption on some reproductive structures and functions of Wistar rats were investigated. A hundred and seventy-five (175) Wistar rats bred in the Animal house of the Faculty of Basic Medical Science of Delta State University were used for this experimental research. Thirty (30) rats were used for toxicity test. The study proper was divided into two units. (Units one (1) and two (2)). Seventy (70) rats used in Unit one (1) were randomly selected into groups of ten (10) rats of seven (7) groups each. All animals were fed with normal rat chow and water. All the experimental rats were treated for four (4) weeks period. Group 1, control, received food and water only, groups 2, 3 and 4 received 40mg/kg, 60mg/kg and 80mg/kg, doses of Coffee respectively while Groups 5, 6 and 7 received 30mg/kg, 45mg/kg and 60mg/kg doses of Caffeine respectively. After administrations of test substances, animals were sacrificed accordingly and serum samples collected. The testes, hypothalamus and hippocampus were also harvested for histological studies while serum samples were analyzed for specific parameters. In Unit two (2) Seventy-five (75) rats of both sexes were mated and treated in varying mating and treatment groups accordingly until after gestation then, the pub weight, litter size, survival rate and gestation length were measured. Both Caffeine and Coffee treatments showed a dose- dependent effect on most parameters measured. Coffee was found to increase antioxidant enzymes, decrease liver enzymes and also affect reproductive outcome negatively. All comparisons were done at ($P>0.05$).

Keywords: Coffee, Caffeine, *Coffea Arabica*, Reproduction

1. INTRODUCTION

Infertility is an age-long world health concern. It affects approximately 15% of all couples with Male factor infertility contributing approximately half of these cases¹. The drive for solutions to this problem has produced various causative findings including: environmental, dietary and genetic factors. While a host of these factors have been put forward as causes, a large number of scientists have implicated dietary life style as a main area of concern. Changes in physiological status probably due to dietary factors resulting in oxidative stress has been implicated as a potent predisposing factor in infertility^{1 & 2}.

In recent years, evidences have shown that oxidative stress may play a role in the pathogenesis of idiopathic male factor infertility³ Oxidative stress results

41 from free radicals, reactive oxygen species and imbalances in antioxidant and
42 oxidants status but can be reduced by consumption of antioxidant
43 supplementation such as honey tea, coffee, vegetables, wine, juice, sprouted
44 grains and other food^{4 & 5}.

45 The increasing worldwide resort to coffee consumption may not be unconnected with
46 recent findings that it contains ingredients that promote health in both male and female sexes.
47 Coffea, a popular beverage consumed worldwide has been extensively studied as
48 a protective food, able to produce physiological or metabolic effect in human
49 organism⁶. This beverage is consumed by more than 75% of women of reproductive age in
50 the U.S.⁷. Caffeine is the active ingredient in coffee⁸ and caffeine is widely consumed in
51 different food drinks and drugs.

52 A May 2012 study published in New England Journal of medicine showed that coffee
53 drinkers who drink at least two or three cups a day were about 10% or 15% less likely to die
54 for any reason during the 13 years of the study⁹. The history of coffee as a drink is laden
55 with controversies. Over the ages, some of the world's greatest composers, thinkers and
56 statesmen have extolled coffee's virtues while others have denounced it as a poisonous mind
57 corrupting drug¹⁰.

58 Though reports abound on the effect of coffee on human subjects especially the negative
59 effects of coffee on maternal health particularly in the temperate regions, however, not much
60 investigation has been carried out on the effect of coffee on Testosterone FSH and LH in
61 males and Africans generally and whether the anti-oxidant status of coffee could boost the
62 reproductive functions of male hormones. This study wishes to investigate the interplay
63 between the Humoral and hormonal factors on different doses of Caffeine and Coffee on the
64 hormone levels and sperm functions in albino rats.

65 1.1 Aim of Study

66 The aim of this study is to determine the effects of Coffee on the reproductive functions of
67 Wistar rats. Specifically, the study attempted to investigate:

- 68 i. The effect of Coffee and Caffeine on general body and weights of the testis of
69 Wistar rats
- 70 ii. The effect of Coffee and Caffeine on semen quality of Wistar rats.
- 71 iii. The effect of Coffee and Caffeine on the basal levels of reproductive hormones
72 (testosterone, FSH, LH) of Wistar rats

- 73 iv. The effect of Coffee on the fertility of the male rats: Pregnancy rate of female
74 rats mated by the male rats; **litter size**, average pup weight, **survival rate** of the
75 pubs within the 1st and 2nd week of delivery.

76 **2. METHODOLOGY**

77 **2.1 Research design**

79 One hundred and seventy-five (175) Wistar rats bred in the Animal house of the Faculty of
80 Basic Medical Science of Delta State University were used for this experimental research.
81 Thirty (30) rats were used for toxicity test. Two series of pilot studies were done before
82 commencement of the final experiments. The study proper was divided into two units. Units
83 one (1) and two (2). Seventy (70) rats used in Unit one (1) were randomly selected into
84 groups of ten (10) rats of seven (7) groups each. All animals were fed with normal rat chow
85 and water. All the experimental rats were treated for four (4) weeks period. Group 1, control,
86 received food and water only, groups 2, 3 and 4 received 40mg/kg, 60mg/kg and 80mg/kg,
87 doses of Coffee respectively while Groups 5, 6 and 7 received 30mg/kg, 45mg/kg and
88 60mg/kg, doses of Caffeine respectively. After administrations of test solutions, animals were
89 sacrificed by cervical dislocation and serum samples collected. The testes, liver and kidneys
90 were also harvested for histological studies. In Unit two (2) Seventy-five (75) rats of both
91 sexes were mated and treated in varying mating and treatment groups; Normal male +
92 Normal Female (control) Coffee Treated female + Normal male Caffeine treated female +
93 Normal male Coffee treated male + Normal female Caffeine treated male + Normal female
94 until after gestation then, the pub weight, litter size, survival rate and gestation length were
95 studied. The experiments in this unit (2) were done in two phases; first phase were simply
96 treated and results taken while in second phase, treatments were stopped for withdrawal
97 period of two weeks before allowing the experiment to continue or stop in different cases. All
98 results were expressed as Mean $\pm$ Standard deviation. The evaluation of data for significance
99 was done, using One-way Analysis of Variance (ANOVA). The statistical data were analyzed
100 using the SPSS 20 Statistical software. A p-value of ($P>0.05$) was considered statistically
101 significant.

102 **2.2 Study Area**

103 This study will be carried out at the College of Health Sciences, Delta State University,
104 Abraka, Delta State. Abraka is a 536 km² area of land in Ethiopie East Local Government

Area of delta state. The said Local government area (Ethiope east) has a population strength of about 202,712 (NPC, 2016) it is located at about latitude $5^{\circ} 53'$ North and longitude $5^{\circ} 40'$ East (Encarta map, 2009). Geopolitically, the town (Abraka) is part of Delta state, which is located in the south-south geopolitical zone of Nigeria.

2.6 Ethical Considerations

Approval for the use of animals was granted by Medical Ethical Committee, Delta State University, Abraka, Delta State, Nigeria.

2.7 Procedure

3.7.1 Preparation of stock solution of caffeine

High dose (60mg/kg)

1200mg (1.2g) of Caffeine was weighed with an electronic weighing balance and dissolved in 200ml of distilled water. This gave stock solutions of 1200mg/200ml (6mg/ml).

Medium dose (45mg/kg)

900mg (0.9g) of Caffeine was weighed with an electronic weighing balance and dissolved in 200ml of distilled water. This gave stock solutions of 900mg/200ml (4.5mg/ml).

Low dose (30mg/kg)

600mg (0.6g) of Caffeine was weighed with an electronic weighing balance and dissolved in 200ml of distilled water. This gave stock solutions of 600mg/200ml (3mg/ml).

3.7.2 Preparation of Stock Solutions of Coffee

Low dose (40mg/kg)

800mg (0.8g) of coffee was weighed with electronic weighing balance and constituted in 200ml of distilled water. This gave stock solutions of 800mg/200ml (4mg/ml).

Medium dose (60mg/kg)

1200mg (1.2g) Of coffee was weighed with electronic weighing balance and constituted in 200ml of distilled water. This gave stock solutions of 1200mg/200ml (6mg/ml).

High dose (80mg/kg)

1600mg (1.6g) of coffee was weighed with electronic weighing balance and constituted in 200ml of distilled water. This gave stock solutions of 1600mg/200ml (8mg/ml).

3.7.3 Administration of Coffee Solution

High dose (80mg/kg), Medium dose (60mg/kg) and low dose (40mg/kg) were estimated from the lethal dose of coffee (192mg/kg). For high dose, medium and low dose of coffee, 1.6g, 1.2g and 0.8g were dissolved in 200ml of distilled water making the stock concentration to be (8mg/ml), (6mg/ml) and (4mg/ml) respectively.

The body weight of male Wistar rats were taken and the dose of test drugs in milliliter to be administer were calculated.

3.7.4 Administration of Caffeine Solution

Caffeine was administered to experimental animals according to their body weight, such that animal weighing 200g, 150g, 170g received 2ml, 1.5ml and 1.7ml respectively. Caffeine was administered orally using oral canola

3.7.5 Sample Collection

At the end of experimental administrations, the wistar rats were anesthetized in a dessicator containing cotton wool soaked with chloroform. After they had attained deep anesthesia, they were brought out of the dessicator and a laparotomy was carried out (by making a V-shape incision in the abdominal region with the aid of a surgical scissors) and the visceral organs were exposed. The epididimis was ruptured and semen analysis was done immediately while the testes collected into a well labeled plain bottle containing 10% formal saline awaiting histological analysis.

3.7.6 Determination of Body and Organ Weight

The body weight of the experimental male wistar rats were initially taken after procurement, (before administration). The final weights of the wistar rats were determined before sacrificing and sample collection. Percentage weight gain was later calculated using the formula:

$$\text{Percentage weight gain (\%)} = \frac{\text{Final body weight} - \text{Initial body weight (g)}}{\text{Initial body weight (g)}} \times 100$$

Final body weight (g)

1

The testes were harvested and trimmed of adherent tissues. They were placed in filter paper and weighed. Relative organ weights were also determined thus:

$$\text{Relative organ weight} = \frac{\text{Absolute organ weight (g)}}{\text{Body weight of rat on sacrificing (g)}} \times 100$$

3.7.7 Estimation of semen count:

Semen fluid was diluted 1 in 20. Sodium bicarbonate formalin diluting reagent was used to kill the cells to ensure proper counting. Using a Pasteur pipette, the improved Neubauer counting chamber was filled with well mixed diluted semen. It was allowed to settle for about 3-5 minutes. Using 10x objective, the number of semen was counted in an area of 2 sq mm. The number of spermatozoa in 1ml was calculated by multiplying the number counted by 100 000.

3.7.8 Estimation of semen morphology:

A thin smear of liquefied well mixed semen was made on a slide. While still wet, the smear was fixed with 95% ethanol for 5-10 minutes and was allowed to dry. The smear was washed with sodium bicarbonate-formalin solution to remove any mucus which may be present. The smear was rinsed with several changes of water. The smear was covered with diluted methylene blue and allowed to dry. The proportion of normal and abnormal spermatozoa was examined using 40x objective.

3.7.9 Hormonal Assay

Determination of Follicle Stimulating Hormone (FSH)

Principle: The FSH quantitative test was based on a solid phase enzyme-linked immunosorbent assay (ELISA). The assay system utilizes a mouse monoclonal anti- α -FSH antibody for solid phase (microtitre wells) immobilization and another mouse monoclonal anti- β -FSH antibody in the antibody-enzyme (horseradish peroxidase) conjugate solution. The test sample is allowed to react simultaneously with the antibodies, resulting in FSH molecules being sandwiched between the solid phase and enzyme-linked antibodies.

Procedure: The desired number of coated wells in the holder was secured. 50 ul of standard, specimens, and controls were dispensed into appropriate wells. 100 ul of Enzyme Conjugate

Reagent was added into each well. This was mixed thoroughly for 30 minutes and was further incubated at room temperature (18 -25°C for 45 minutes. The incubation mixture was removed by flicking plate contents into a waste container. 100 µl of TBM reagent was dispensed into each well and then mixed gently for 10 seconds. The optical density was read at 450 nm with a microtiter plate reader within 15 minute.

Determination of Luteinizing Hormone (LH)

Principle: In this test, the targeted antigen, LH, in the sample is immobilized through binding between the streptavidin coated onto the walls of the microplate and the biotin molecule that is part of the biotinylated monoclonal antibody added in the enzyme conjugate. Together with another specific enzyme-conjugated antibody, the target antigen and biotinylated antibody forms a sandwich complex on the walls of the microplate after a period of incubation.

Procedure : The desired number of coated wells in the holder was secured. The data sheet was prepared with sample identification. 50 µl of standard, sample and control were pipette into each well. This was followed by 100 µl of conjugate reagent. This was mixed thoroughly for 30 seconds and was incubated at room temperature for 60 minutes. The content of the wells was discarded by decantation or aspiration. 30 µl of working wash solution was decanted or aspirated. This was repeated for two (2) additional times for a total of 3 washes. 100 µl of TBM reagent was added to each well. This was gently mixed for 10 seconds. This was incubated at room temperature for 15 minutes without shaking. 50 µl of stop solution was pipette and mixed gently for 10 to 20 seconds. Then the absorbance of each well was read at 450 nm.

Determination of Testosterone

Principle: Testosterone EIA Is based on the principle of competitive binding between Testosterone in the test specimen and Testosterone-HRP conjugate for a constant amount of rabbit anti Testosterone. In the incubation, goat anti-rabbit IgG-coated wells are incubated with 10 µl of Testosterone standards, controls, patient 's samples, 100 µl Testosterone-HRP conjugate reagent and 50 µl rabbit anti- Testosterone reagent at 37°C for 90 minutes.

Assay procedure:

The desired number of coated well was secured in the holder. 1 µl of standard, sample and control were dispensed in appropriate wells. 100 µl of testosterone- HRP conjugate reagent

220 was dispensed into each well. This was mixed thoroughly for 30 seconds and incubated for
221 90 minutes at 370C.

222 The microwells were rinsed and flick 5 times with distilled water. 100 ul of TMB reagent was
223 dispensed into each well and gently mixed for 10 seconds. This was incubated at room
224 temperature for 20 minutes at 18 to 250C. The reaction was stopped by adding 100 ul of stop
225 solution to each well. This was gently mixed and absorbance at 450 nm was read with
226 microliter reader.

227 **Determination of Estrogen**

228 **Principle:** The E2 EIA is based on the principle of competitive binding between E2 in the
229 test specimen and E2-HRP conjugate for a constant amount of rabbit anti-Estradiol. In the
230 incubation, goat anti-rabbit IgG-Coated wells are incubated with 25 ul E2 standard, control
231 and sample. 100 ul Estradiol-HRP Conjugate Reagent and 50 ul rabbit anti-Estradiol reagent
232 at room temperature (18-250C) for 90 minutes.

233 **Procedure:** The desired number of coated well in the holder was secured. 25 ul of standard,
234 sample and control were dispensed into appropriate wells. 100 ul of Estradiol-HRP conjugate
235 reagent was dispensed into each well. 50 ul of rabbit anti-Estradiol (E2) reagent was was
236 dispensed in each well. This was thoroughly mixed for 30 seconds and further incubated at
237 room temperature (18-250C) for 90 minutes. The microwell was rinsed with distilled water
238 and flicked 5 times. 100 ul of TMB reagent was dispensed into each well and was gently
239 mixed for 10 seconds. This was further incubated for 20 minutes at room temperature (18-
240 250C). 100 ul of stop solution was added to stop the reaction. This was mixed gently and
241 absorbance of mixture was read at 450 nm with a microtitre well reader within 15 minutes.

242 **3.7.10 Fixation**

243 The tissue was carefully harvested and fixed in 10% formal saline for 48 hours by immersion
244 in a beaker. The 10% formal saline was prepared through the following processes; 900ml of
245 distilled water were measured out using an adequately calibrated measuring cylinder,
246 thereafter 100ml of formalin was measured out with another calibrated cylinder, the 900ml
247 of water was then added to the 100ml of formalin and finally 8.5g of NaCl salt was measured
248 with an electronic weighing device, the 8.5g of NaCl salt was added to the mixture of
249 formalin and water to give the 10% formalin required to fix the sample.

250

Tissues Processing

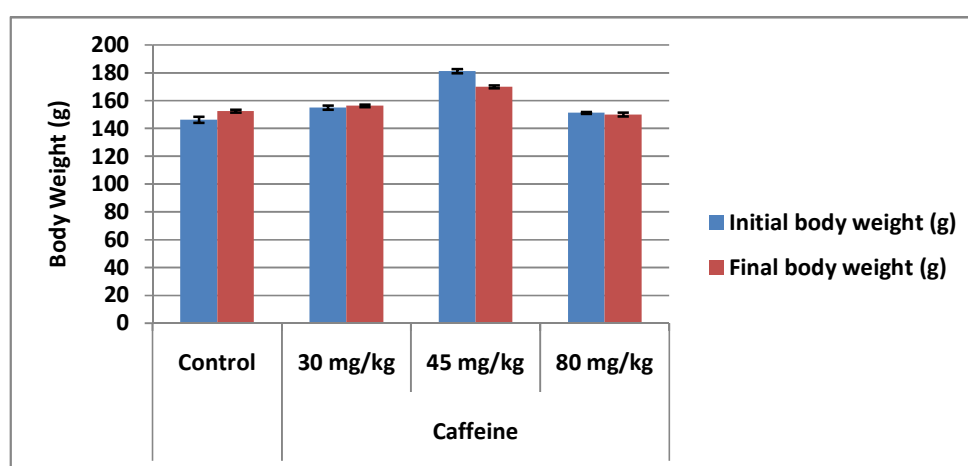
The sample was processed using the paraffin wax method with an automated tissue processor

3.7.11 Statistical Analysis

The evaluation of data for significance was done, using one-way Analysis of Variance (ANOVA). The statistical data were analyzed using the SPSS 20 statistical software. A p-value of less than 0.05 was considered statistically significant.

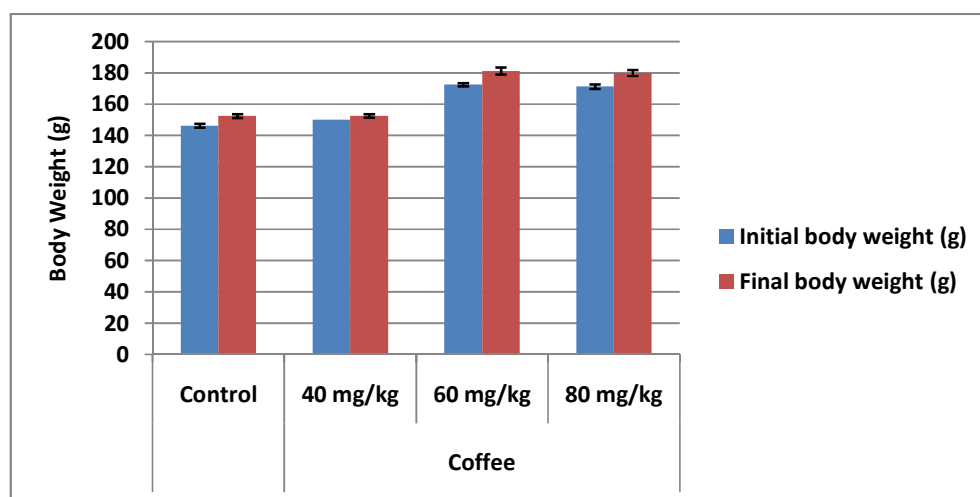
4. RESULTS

Figure 4.1 Body weight test carried out with respect to treatment with Caffeine.



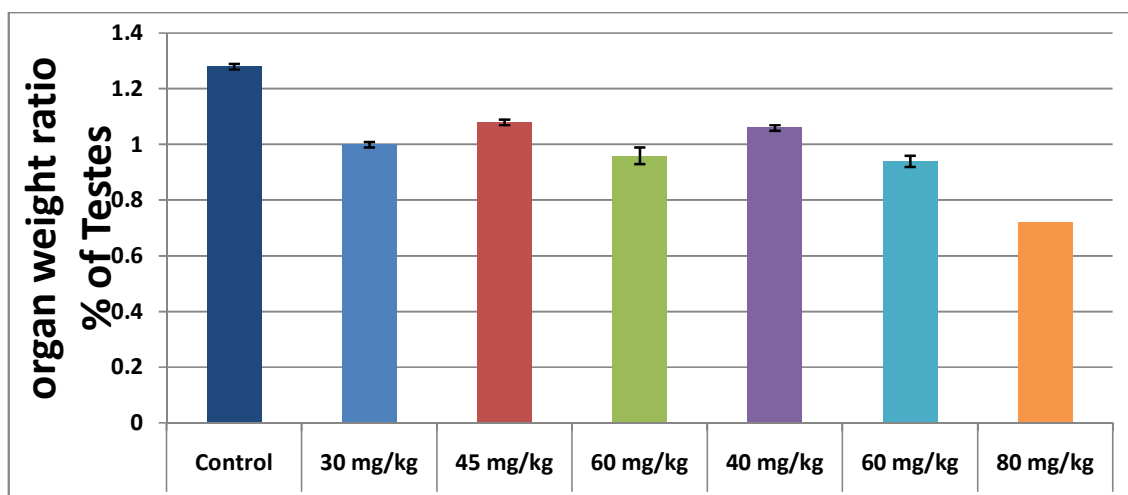
From figure 4.1 above, administration of caffeine low dose caused weight gain of 4.10%. However, administration of caffeine high and medium dose caused weight reduction of -6.62% and -8.33% respectively when compared to control (with weight gain of 0.80%).

Figure 4.2 Body weight test carried out with respect to treatment with Coffee.



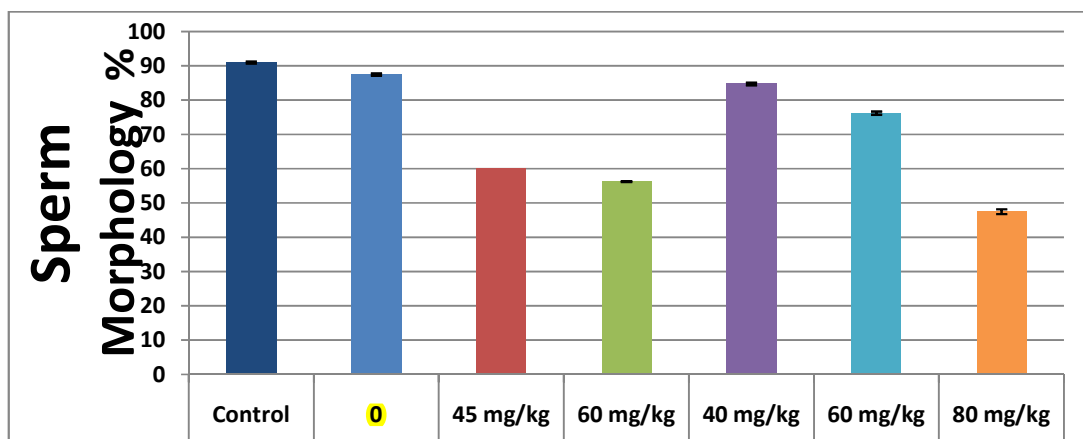
266 From Fig 4.2 above, there was percentage weight gain of 4.83%, 1.48% and 4.86% in high
267 dose, medium dose and low dose respectively when compared to control group (0.80%).

268 **Figure 4.3 Results of organ weight ratio of the Testis carried out with respect to**
269 **treatment with Coffee and Caffeine.**



270
271 From Fig. 4.3 above, there was significant difference ($P>0.05$) in relative testes
272 weight among groups (control, high dose, medium dose and high dose) means.

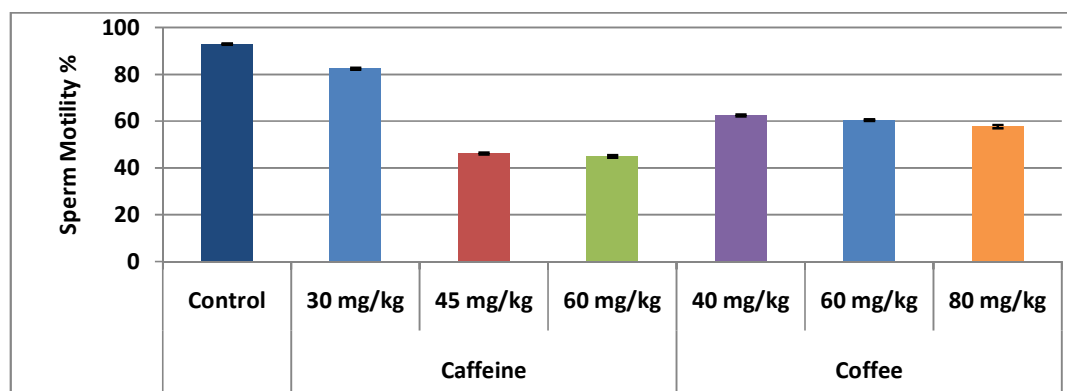
273
274 **Figure 4.4 Results of sperm morphology carried out with respect to treatment with**
275 **Coffee and Caffeine.**



276
277 From Fig. 4.4 above, there was significant ($P>0.05$) decrease in **semen morphology** among
278 groups only in higher doses. Lowest dose for both solutions showed a non-significant
279 decrease.

280

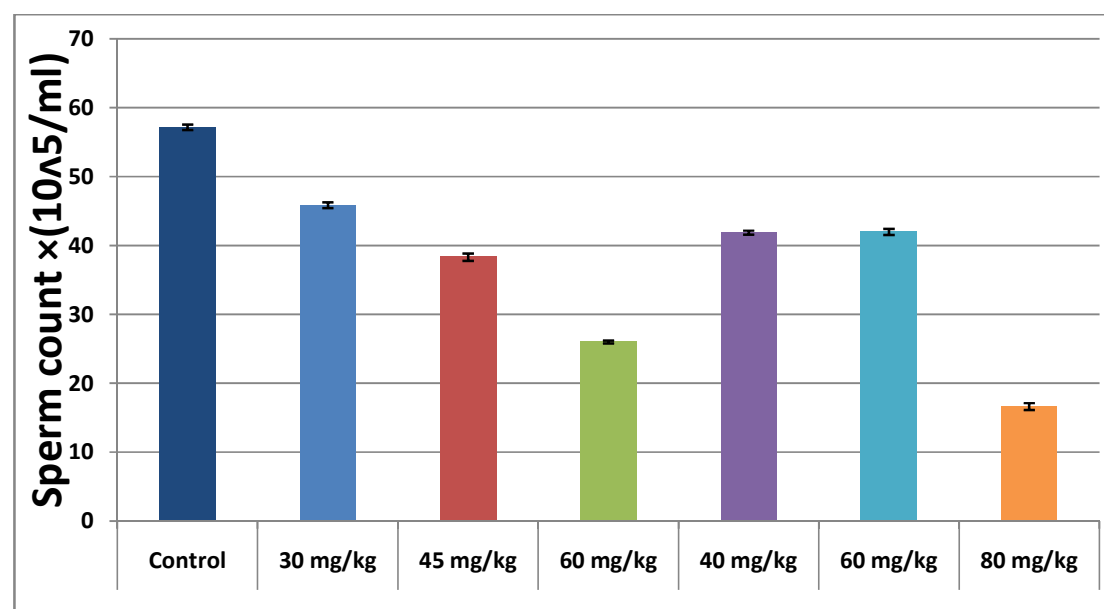
281 **Figure 4.5 Results of sperm motility carried out with respect to treatment with Coffee**
 282 **and Caffeine.**



283

284 From Fig. 4.5 above, there was significant ($P>0.05$) decrease in semen progressive motility
 285 among groups except at lowest dose Caffeine treatment where there was non-significant
 286 decrease

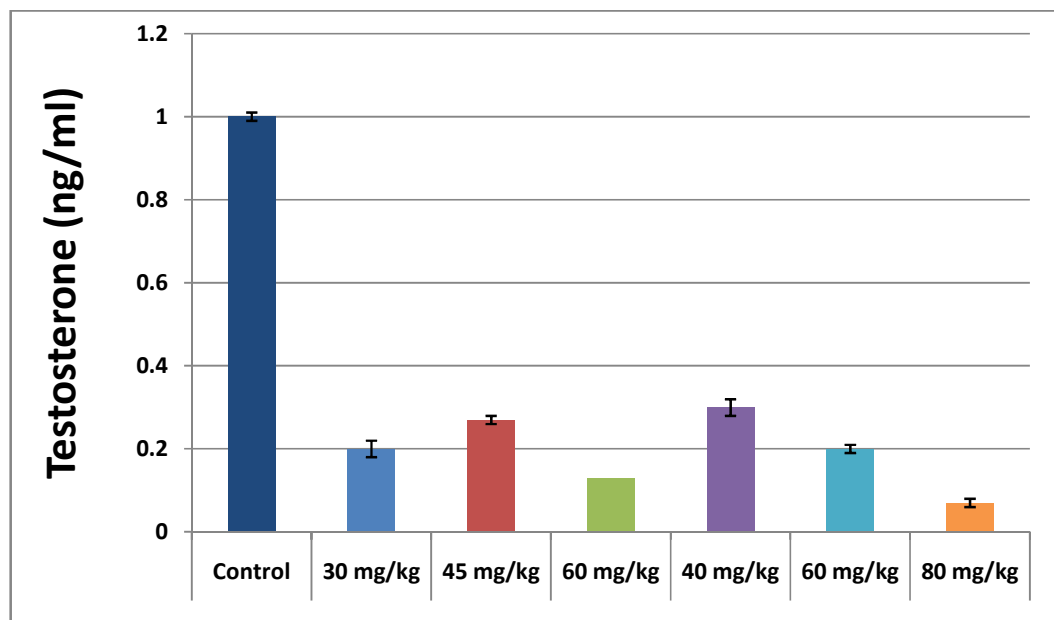
287 **4.6 Results of sperm count carried out with respect to treatment with Coffee and**
 288 **Caffeine.**



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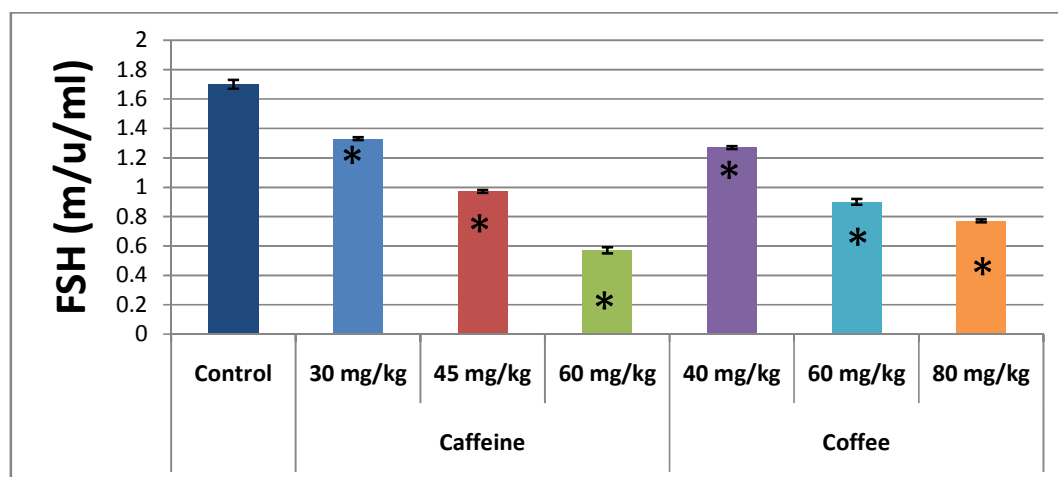
290 From Fig. 4.6 above, there was significant decrease ($P>0.05$) in sperm count following the
 291 administration of Coffee and Caffeine at all doses. Values in all doses showed significantly
 292 ($P<0.05$) decrease when compared to value in control group in a dose dependent manner, i.e.
 293 The lowest values are seen in the highest doses.

294 **Figure 4.7 Results of testosterone levels carried out with respect to treatment with**
 295 **Coffee and Caffeine.**



296
 297 From Fig 4.7 above, There was significant decrease ($P>0.05$) in serum Testosterone levels
 298 following the administration of caffeine and coffee at all doses. Testosterone values in all
 299 doses significantly ($P<0.05$) decreased when compared to value in control group in a dose
 300 dependent manner, i.e. The highest values are seen in the lowest doses followed by medium
 301 and highest coffee, showing dose dependence. This pattern was similar except caffeine at
 302 lowest dose treatment.

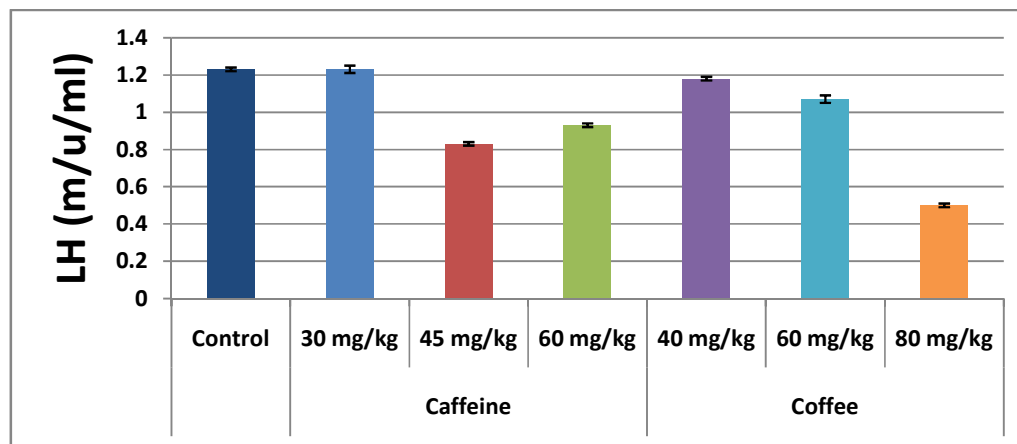
303 **Figure 4.8 Results of FSH levels carried out with respect to treatment with Coffee and**
 304 **Caffeine.**



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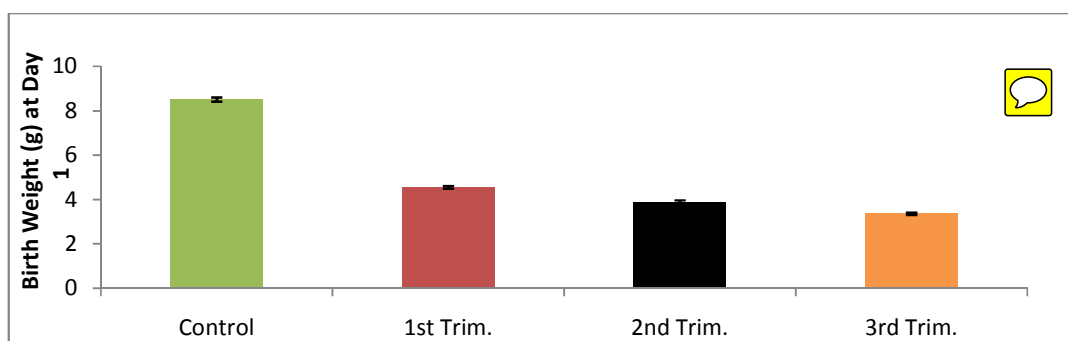
From Fig 4.8 above, There was significant decrease ($P>0.05$) in serum FSH levels following the administration of caffeine and coffee at all doses. FSH values in all doses significantly ($P<0.05$) decreased when compared to value in control group in a dose dependent manner, i.e. The highest values are seen in the lowest doses followed by medium and highest coffee, showing dose dependence.

Figure 4.9 Results of LH levels carried out with respect to treatment with Coffee and Caffeine.



From Fig 4.9 above, There was significant decrease ($P>0.05$) in serum LH levels following the administration of caffeine and coffee at moderate and high doses for coffee but only high dose of Caffeine showed significant decrease. The effect is dose dependence curve but in caffeine administration there was an anomalous dose effect on LH levels.

Figure 4.10 Results of birth weight changes recorded as a result of treatment at different trimesters with Coffee and Caffeine in females.



1st Trim – Group treated with coffee only at First trimesters of pregnancy
 2nd Trim – Group treated with coffee only at second trimesters of pregnancy
 3rd Trim – Group treated with coffee only at second trimesters of pregnancy

From Fig 4.10 above, There was significant decrease ($P>0.05$) in birth Weight following the administration of coffee at all trimesters but most at the 3rd trimester as compared with control group.

4. DISCUSSION

Controversies on coffee consumption are ranging, because coffee has also been found to produce some negative (undesirable) effects. Regarding the conflicting results of epidemiological studies on caffeine and its effects on reproductive outcomes, caffeine-containing foods and beverages still remain one of the most consumed by most human populations of the world, its health effects have been and are still being studied extensively¹¹. Coffee is known to have beneficial effects as a result of its antioxidant properties however its harmful effects is mainly due to its caffeine content¹².

Caffeine is the World's most widely consumed psycho-active substance, but unlike most other psychoactive substances, it is legal and unregulated in nearly all jurisdictions¹¹. An estimated 80% of the world's population consume a caffeine-containing substance daily¹³. Given this widespread use, the potential health effects of coffee are important for public health as well as for helping an individual make an informed choice regarding coffee consumption.

In the present study, the effects of coffee consumption on various reproductive parameters were studied. The histology of testes and semen quality, testicular weight and animal body weight were evaluated.

Effect of coffee on general and organ weight

The findings from this study demonstrated that consumption of coffee may have the potentials of decreasing body weight. There was no significant change in weight ($P< 0.05$), showing that the weight decreased due to treatment must have been counterbalanced by weight gain due to growth and adequate feeding over the duration of experiment. This closely agrees with that reported that coffee reduces body weight and also with that reported that increase in the intakes of coffee were inversely associated with weight gain¹⁴. More so this agreed with who opined that the significant loss in body weight could be attributed to the diuretic effect of Caffeine and its role in enhancing fat metabolism¹⁵.

353 **Effect on reproductive hormones**

354 The results showed that coffee treatment on rats decreases both male and female hormones,
355 though in varying proportion. In experiment to demonstrate the effects of chronic
356 administration of caffeine and stress on feeding behavior of rats, found out that caffeine
357 elevates testosterone level. From the study carried out there was decrease in testosterone
358 level¹⁶. This decrease could be due to effects of caffeine, probably through acting on the
359 hypothalamic-pituitary gonadal axis.

360 The result also showed that administration of high dose and low dose of coffee caused
361 significant reduction in serum testosterone when compared to control group. Testosterone is
362 known to be critically involved in the development of sperm cells (spermatogenesis) and
363 therefore, derangement in testosterone level results widely from leydig cell dysfunction and
364 testicular steroidogenic disorder¹⁷.

365 The reduced level of serum LH, FSH and Testosterone could be as a result of the inhibitory
366 effect of caffeine on the anterior pituitary gland. The anterior pituitary gland secretes FSH
367 and LH which helps in the secretion of Testosterone and these hormones are necessary for
368 spermatogenesis. Inhibition of the pituitary gland could lead to reduction in FSH and LH
369 level and eventually Testosterone level¹⁸.

370 Also, the result of the study showed that there was significant difference in serum FSH
371 among high dose, medium dose and low dose following administration of coffee to wistar
372 rats. LH level in medium dose was significantly reduced when compared to serum LH level
373 in control group and high dose. Serum LH in low dose was also significantly decreased when
374 compared to serum LH level in medium dose. There is no previous literature to support this
375 finding.

376 Recent studies show that coffee increases blood antioxidant capacity following acute and
377 chronic intakes, Although, all types of coffee contain relatively high concentration of
378 antioxidant, caffeine coffee may possess even greater antioxidant activity^{18 & 19}. Depletion of
379 each of the antioxidant system increases the vulnerability of various tissues and cellular
380 component of oxygen species. Moreover, other research reported that interfering with free
381 radical metabolism with antioxidant supplement may prevent useful activities of the body,
382 Recently, coffee has aroused scientific interest because it is rich in source of a number of
383 phenol compounds with antioxidant effect in vitro²⁰.

384 5. CONCLUSION

385 In the various investigations carried out in the study, Coffee was seen to rival the
386 deleterious effects of caffeine in almost all parameters measured suggesting that caffeine
387 content of coffee is up to the level at which pure caffeine exerts its effect. Both Caffeine and
388 Coffee treatment showed a dose-dependent effect on most parameters measured. Findings
389 from this study established for the first time that Coffee consumption affects both male and
390 female in the outcome of their reproductive activities and that the most dangerous period to
391 consume this food drink is in the third trimester of gestation period.

392 Recommendations

393 The results from this study have necessitated recommendations for further studies to be
394 carried out on the following:

- 395 i. Effects of Coffee on the neuro-endocrine system (eg dopamine, noradrenaline) in the
396 hypothalamus and other sexual behaviour regulatory centres in the brain.
- 397 ii. An electron microscopic evaluation of any ultrastructural changes in the testes,
398 epididymis, anterior pituitary gland and the hypothalamus.

399

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