Drinking more coffee may help reduce the risk of developing gallstones, according to a new study published in the *Journal of Internal Medicine*.

Among 104,493 individuals, those who drank more than six cups of coffee per day had a 23% lower risk of developing symptomatic gallstones compared with individuals who did not drink coffee. Drinking one extra cup of coffee per day was associated with 3% lower risk. Also, individuals with certain genetic variants that have been linked to increased coffee consumption had a lower risk of gallstones.

Although the study only uncovered correlations, the authors highlighted several mechanisms by which coffee consumption might help prevent gallstones from forming.

**Additional Information**


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