

LONGEVITY & PERFORMANCE



Does Coffee Affect Your Testosterone?

A 2026 study found higher coffee drinkers had less body fat, more muscle, higher total testosterone and lower free testosterone. All at the same time.

Swipe

THE WORRY

·Is My Coffee Habit Doing Something to My Hormones?·

It is one of the most common questions we get, usually half-serious. A 2026 study went looking for the answer.

THE STUDY

2,264 Adults, Examined at Age 46

Data came from the Northern Finland Birth Cohort 1966, analysed at a single timepoint rather than followed forward.

BODY COMPOSITION

Same Weight, Different Body Underneath

BMI and waist size were similar across coffee groups. But heavier coffee drinkers had lower visceral fat and higher skeletal muscle mass.

THE APPARENT CONTRADICTION

Testosterone Went Up. And Down.

In men, higher coffee intake meant higher total testosterone, about 0.29 nmol/L more per additional cup a day, alongside lower free testosterone in the same men.

THE EXPLANATION

It Wasn't a Boost. It Was a Redistribution.

Sex hormone binding globulin, the protein that carries testosterone in the blood, rose. More carrier protein means more testosterone held in total, but less circulating free.

THE REASSURING PART

No Link to Erectile Function or Semen Quality

No association was found between regular coffee intake and erectile dysfunction, and no consistent link between coffee or caffeine and semen quality.

THE BOTTOM LINE



Keep the Coffee. Don't Treat It as a Hormone Strategy.

Up to 400 mg of caffeine a day is not linked to overt harm, with the biggest benefits in the wider literature clustering around three to four cups. This was one snapshot in time, not a trial of changing anyone's coffee.