



Bluewater



Harnessed by professional baristas in the United States, Europe and South Africa, a Bluewater Coffee Station harnesses advanced purification and

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## New Study Finds Caffeinated Coffee May Lower Dementia Risk; Water Quality Is Key

A new [study](#) published in JAMA (the Journal of the American Medical Association) gives coffee lovers another reason to enjoy their daily cup. Researchers followed over 131,000 US health professionals for up to 43 years and found that those who drank more caffeinated coffee had a significantly lower risk of developing dementia.

The results stand out. People who drank the most caffeinated coffee showed 141 dementia cases per 100,000 person-years, while those who drank the least had 330 cases. More coffee was also linked to less self-reported cognitive decline and slightly better scores on cognitive tests. Decaf coffee did not show a clear link to dementia risk.

The sweet spot? Around two to three cups of caffeinated coffee per day.

The results are important for both coffee drinkers and the professionals who make coffee. As more people care about both quality and brain health, consistency and taste are more important than ever.

This is where water becomes important.

A cup of coffee consists of up to 98 percent water. However, many cafés employ reverse osmosis (RO) systems that remove all substances from the water, including minerals essential for optimal extraction and flavour. Without these minerals, coffee can taste flat. Additionally, poorly balanced water can damage espresso machines by causing limescale buildup.

Bluewater's Liquid Rock solution addresses this problem. The system adds precise amounts of essential minerals to purified RO water, providing baristas and coffee shops with what many consider the "perfect water" for brewing. This results in cleaner flavour, brighter notes, and a more balanced cup, while also safeguarding equipment from scale and corrosion.

Bluewater has gained worldwide recognition for its award-winning [Café Station](#), which employs advanced purification and mineral-infusion technology. It delivers consistent, high-quality water that enhances flavour and extends machine lifespan.



“If coffee can support brain health, it is important to get the basics right,” noted Bluewater US chief, Niklas Ivarsson (photo above). Good beans are essential, he added, and skilled baristas make a difference. But without the right water, even the best coffee may not reach its full potential.

“With research suggesting that drinking two to three cups a day may be beneficial, Bluewater ensures each cup tastes perfect,” said Ivarsson

#### Note for Editors

- 66% of Americans drink coffee every day, according to the [US National Coffee Association](#), with coffee drinkers consuming an average of nearly 3 cups per day. Speciality coffee continues to grow in popularity, consumed by 48% of American adults.
- The **US office coffee service market** is forecast to grow by **USD 1.66 billion** at a **CAGR of 10.2%** between 2024 and 2029, according to a recent [study](#).

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#### About Bluewater

Founded in 2013 in Stockholm, Sweden, Bluewater aims to be the world's

most planet-friendly water purification and beverage company. The company designs hydration solutions for home, work and public settings, with products used by consumers, hospitality businesses, venues, events and educational institutions worldwide. Bluewater has received multiple international design and innovation awards, including two Fast Company World Changing Ideas Awards and successive 2024 and 2025 GOOD DESIGN® Awards.

<https://www.bluewatergroup.com>

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Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being the world's most planet-friendly water purification and beverage company by innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and catering operations, event and venue organizations, and educational institutions. [www.bluewatergroup.com](https://www.bluewatergroup.com)<sup>[IG1]</sup>

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