

Market closed on **July 6, 2018**

ICE: CONTRACT	SETTLE
KCU8	114,10
KCZ8	117,55
KCH8	121,10
KCK9	123,50
KCN9	125,85

BM&F: CONTRACT	SETTLE
ICFUB	132,10
ICFZ8	135,85

DOL: CONTRACT	SETTLE
DOL COM - DOLAR COMMERCIAL	3,8700

MARKET	PRICE IDEAS FROM BUYERS	
	PADRÃO 0 - CEREJA	R\$ 475,00
	PADRÃO 1A - FC CERRADO	R\$ 450,00
	PADRÃO 1B - FC SOUTH OF MINAS	R\$ 440,00
	PADRÃO 2 - GOOD CUP DURO	R\$ 430,00
	PADRÃO 3 - GOOD CUP 2 RIADAS	R\$ 420,00
	PADRÃO 4 - DURO RIADO RIO (7/2/1)	R\$ 405,00
	PADRÃO 5 - RIO	R\$ 395,00
	PADRÃO 6A - CONSUMO 600 DEF DURO	R\$ 380,00
	PADRÃO 6B - CONSUMO 600 DEF DURO RIADO RIO	R\$ 360,00

Note: Standard qualities considering 25% of screen 17/18 and 20% of leakage (maximum of 0,5% of impurity), except quality 6A and 6B.

FOB: QUALITY - CONSIDERING THE STRING	JUL/SEPT
NET SELLER NY 2/3 17/18 FC CERRADO	-6
NY 2/3 15/16 FC CERRADO	-9
NY 2/3 14/16 FC CERRADO	-12
NY 2/3 17/18 FC SOUTH OF MINAS	-9
NY 2/3 14/16 FC SOUTH OF MINAS	-15
NY 2/3 17/18 GOOD CUP	-11
NY 3/4 14/16 GOOD CUP	-17
NY 2/3 17/18 GOOD CUP 2 RIOY CUPS	-14
NY 3/4 14/16 GOOD CUP 2 RIOY CUPS	-20
NY 5/6 13UP 300 DEF COB GRINDERS	-21
NY 5/6 12UP 350 DEF COB GRINDERS	-24
NY 3 17/18 RM (US\$ / 50 KGS)	106
NY 4 15/16 RM (US\$ / 50 KGS)	103
NY 4 14/16 RM (US\$ / 50 KGS)	99

Obs: Fob ideas (Simple exercise).

SPREAD: ICE (CTS/LB)	
-3,45	September/December
-3,55	December/March
-2,40	March/May
-2,35	May/July
-2,25	July/September

ARBITRAGE: ICE/BM&F (CTS/LB)	
-14,24	September/September
-14,85	December/December

### Rejoice, Moms: Coffee Can Actually Help You Live Longer

A team at the National Cancer Institute analyzed data from British participants aged 40 to 69 who were taking part in a large genetic study — U.K. Biobank. More than half a million people volunteered in the study, giving blood and answering lifestyle questions geared toward genes and health NBC News reported.

Their findings? Even the heaviest coffee drinkers (up to eight cups a day) had a lower risk of death over ten years than non-coffee drinkers. Their findings were reported in the Journal of the American Medical Association's JAMA Internal Medicine.

What's more — whatever cup of Joe you prefer (including instant and decaf) it doesn't seem to matter — they all benefit your long-term health, though I'm totally judging you decaf drinkers.

Overall, coffee drinkers were 10 to 15 percent less likely to die than abstainers during the decade of study follow-up. Differences in how much a person consumes and genetic variations were marginal, which is great for all parents who've been hooked up to a coffee IV since their kids were born.

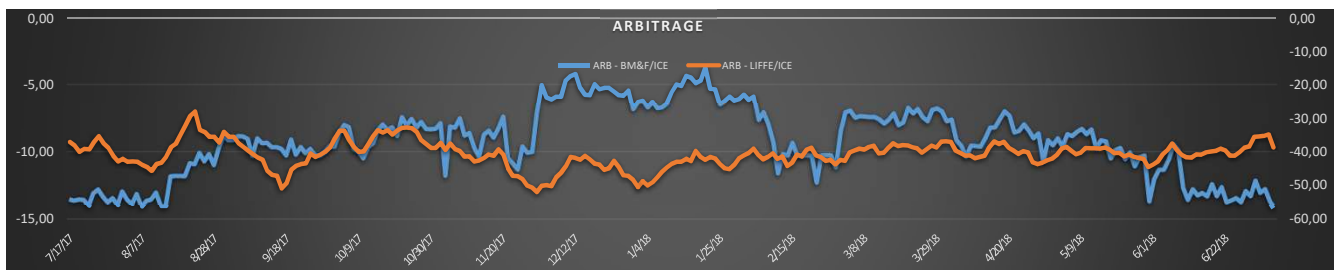
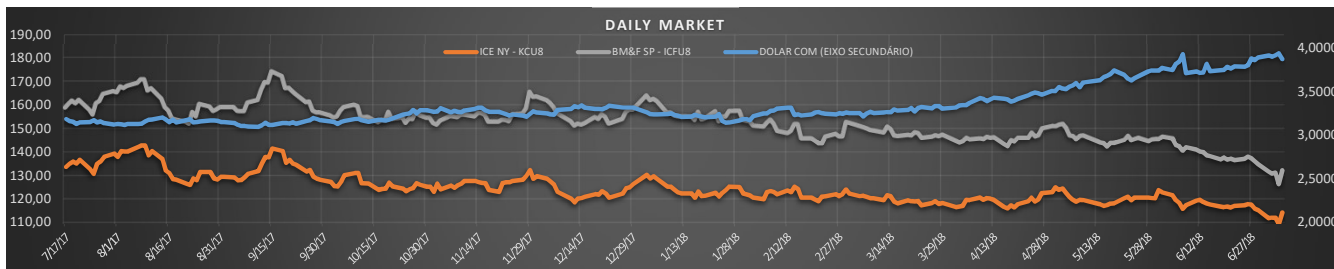
"Coffee drinkers, compared with non-coffee drinkers, were more likely to be male, white, former smokers, and drink alcohol." NCI's Erika Lotfield, study lead reported as moms everywhere laughed and laughed and poured their third cup of the day.

There are many possible explanations as to the health benefits of coffee — namely, it's the number one source of antioxidants for humans, Healthline reported. It also reduces inflammation in the body and can help burn fat.

Several studies also show that coffee drinkers have up to a 65 percent lower risk of getting Alzheimer's disease. Participants drinking four or more cups per day, compared with those drinking less coffee and nondrinkers, were more likely to drink instant coffee and be current smokers, whereas participants drinking one to three cups per day were older, more likely to have a university degree, and more likely to report 'excellent' health," the study reported.

Coffee drinkers were more likely than abstainers to drink alcohol as well as smoke, but researchers took those factors into account, and coffee drinking seemed to cancel them out. The New York Times reported.

Unless having a kid causes so much stress that it cancels out drinking coffee, alcohol, and smoking, this here is the best news all of the parents have heard in, forever. Praise be.  
Source: www.scarymommy.com



#### COLABORADORES

CRISTIANE DAMASCENO  
ERICKSEN SOUZA  
GLAUCIENE PARANHOS DE SOUZA  
JOSÉ ANTONIO DOS SANTOS MANGA  
KELLY APARECIDA FERREIRA  
LEONARDO SOARES  
MARCOS EDUARDO CLAUDINO  
PATRICIA TOMAZ DE ASSIS  
SANDRA GOMES  
WALLAFE VITOR TAVARES

#### ASSUNTOS

ADMINISTRATIVO  
TRAFFIC/QUALIDADE  
RECEPÇÃO  
DIRETOR/QUALIDADE/COMERCIAL  
CERTIFICAÇÕES  
DIRETOR/ADMINISTRATIVO/FINANCEIRO  
COMERCIAL  
ASSISTENTE ADM/FINANCEIRO  
CLASSIFICAÇÃO  
CLASSIFICAÇÃO/EMBARCADOR

#### SKYPE

mcc.fiscal  
ericksen\_wcs@hotmail.com  
live:secretaria\_4359  
mangajao  
kelly-ferreira1  
iss\_82  
mcc\_adrielle  
sandra.gomes.mangacoffee  
wallafe.vit7@live.com

#### E-MAIL

fiscal@mangacoffee.com.br  
traffic@mangacoffee.com.br  
secretaria@mangacoffee.com.br  
manga@mangacoffee.com.br  
certificacao@mangacoffee.com.br  
leonardo@mangacoffee.com.br  
comercial@mangacoffee.com.br  
adm@mangacoffee.com.br  
classificacao@mangacoffee.com.br

#### CEL. / WHATSAPP

+55 35 9 8810 5347  
+55 35 9 9199 4980  
+55 35 9 9800 1785  
+55 35 9 8433 3280  
+55 35 9 8817 3837  
+55 35 9 8893 9033  
+55 35 9 8898 8100  
+55 35 9 9237 6798  
+55 35 9 8834 5601  
+55 35 9 9215 0026

#### CEL. ADICIONAL

-  
+55 35 9 8721 5876  
+55 35 9 8879 9169  
-  
+55 35 9 8722 3328  
+55 35 9 8879 9171  
+55 35 9 9813 7640  
+55 35 9 8705 7164  
+55 35 9 8839 8466