



# MANGA

COFFEE CORPORATION

Market closed on **October 3, 2018**

ICE: CONTRACT	SETTLE
KCZ8	106,60
KCH9	110,05
KCK9	112,40
KCN9	114,80
KCU9	117,10

BM&F: CONTRACT	SETTLE
ICFZ18	125,15
ICFH19	127,55

DOL: CONTRACT	SETTLE
DOL COM - DOLAR COMMERCIAL	3,8870

MARKET	PRICE IDEAS FROM BUYERS	
PADRÃO 0 - CEREJA		R\$ 445,00
PADRÃO 1A - FC CERRADO		R\$ 425,00
PADRÃO 1B - FC SOUTH OF MINAS		R\$ 420,00
PADRÃO 2 - GOOD CUP DURO		R\$ 410,00
PADRÃO 3 - GOOD CUP 2 RIADAS		R\$ 400,00
PADRÃO 4 - DURO RIADO RIO (7/2/1)		R\$ 380,00
PADRÃO 5 - RIO		R\$ 365,00
PADRÃO 6A - CONSUMO 600 DEF DURO		R\$ 350,00
PADRÃO 6B - CONSUMO 600 DEF DURO RIADO RIO		R\$ 330,00

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	-3
NY 2/3 15/16 FC CERRADO	-6
NY 2/3 14/16 FC CERRADO	-9
NY 2/3 17/18 FC SOUTH OF MINAS	-4
NY 2/3 14/16 FC SOUTH OF MINAS	-10
NY 2/3 17/18 GOOD CUP	-6
NY 3/4 14/16 GOOD CUP	-12
NY 2/3 17/18 GOOD CUP 2 RIOY CUPS	-9
NY 3/4 14/16 GOOD CUP 2 RIOY CUPS	-15
NY 5/6 13UP 300 DEF COB GRINDERS	-19
NY 5/6 12UP 350 DEF COB GRINDERS	-22
NY 3 17/18 RM (US\$/ 50 KGS)	100
NY 4 15/16 RM (US\$/ 50 KGS)	97
NY 4 14/16 RM (US\$/ 50 KGS)	93

Obs: Fob ideas (Simple exercise).

SPREAD: ICE (CTS/LB)	
-3,45	December/March
-2,35	March/May
-2,40	May/July
-2,30	July/September
-3,35	September/December

ARBITRAGE: ICE/BM&F (CTS/LB)	
-11,99	December/December
-13,63	March/March

### THE SURPRISING HEALTH BENEFITS COFFEE HAS FOR YOUR HEART

Good news for those who can't function without their morning latte. Not only do we now know that our caffeine intake significantly lowers our risk of having cancer, but a new study has found that daily coffees are linked to lower risks of clogged arteries.

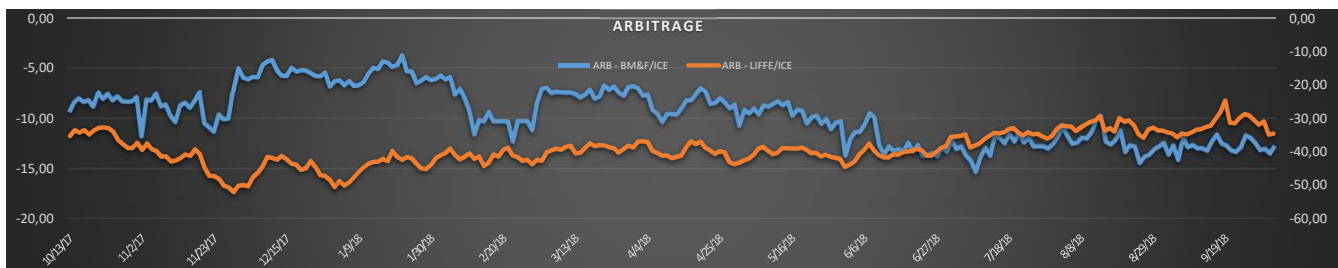
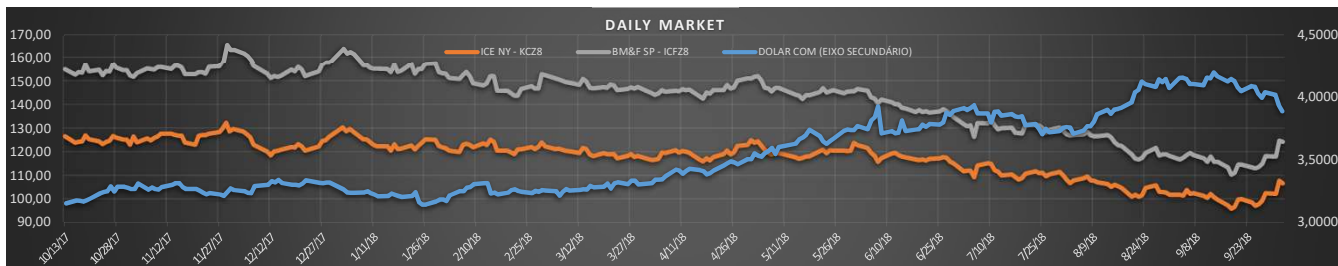
A South Korean study analyzed 25,100 men and women and found that those who drank between three and five cups of coffee a day had the lowest levels of coronary artery calcium (CAC), which measures the level of clogged arteries and consequently, your risk of a heart attack or stroke.

On the other end of the spectrum, levels were highest among people who had less than one or more than five cups daily. Both results proved consistent regardless of other external facts, including age, gender, smoking status, body fat, alcohol consumption or blood pressure.

However researchers did caution that the results "were based on a sample of relatively healthy, young middle-aged, educated Koreans, and might not be generalisable to other populations."

Coffee has been getting a good wrap in the media of late; while research surrounding the health effects of caffeine consumption has been historically conflicting, this heart-healthy news is the latest in a string of positive research linking caffeine consumption to lower risks of everything from Parkinson's and Alzheimers to melanoma and multiple sclerosis.

So there you have it, your go-to pick-me-up is longer just a remedy for an afternoon slump.  
Source: www.harpersbazaar.com.au



#### COLABORADORES

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

#### ASSUNTOS

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

#### SKYPE

mcc.fiscal  
ericksen\_wcs@hotmail.com  
live:secretaria\_4359  
mangajaoao  
kelly-ferreira1  
lss\_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  
-  
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 9237 6798  
+55 35 9 8834 5601  
+55 35 9 9215 0026

#### CEL. ADICIONAL

-  
+55 35 9 8879 9171  
+55 35 9 8721 5876  
+55 35 9 8879 9169  
-  
+55 35 9 8722 3328  
+55 35 9 8832 5558  
+55 35 9 9813 7640  
+55 35 9 8705 7164  
+55 35 9 8839 8466