

Let's talk about...



# Green Tea



## Key Facts

- In addition to polyphenols, green tea boasts vitamins, amino acids, protein, caffeine, folic acid and fluoride
- “Green” refers to the color of the leaves, not to the color of the brewed product, which is yellowish in appearance
- Three of the most popular kinds of tea are green, black and oolong

## Key Benefits

- Offers antioxidant support
- Provides gentle lift from natural caffeine
- Helps boost energy and metabolism
- Supports alertness
- Helps support a healthy weight-loss program

Derived from the fresh, unfermented tea leaves and leaf buds of the *Camellia sinensis* plant, green tea has been praised for its potent antioxidant properties.

Most green tea originates from China or Japan, where it has been consumed as a traditional beverage for thousands of years. Today green tea remains one of the most popular beverages throughout world, thanks to its refreshing taste and nutrient-rich composition.

Green tea contains an abundance of antioxidants known as polyphenols (including flavonols) and phenolic acid. The flavonols include catechins (most notably EGCG), compounds believed to be key to green tea's strong health-promoting properties.

Oxidative stress is associated with the aging process. Green tea provides antioxidant nutrients that combat this oxidative damage, helping to combat some of the negative effects of aging in the body.

Green tea leaves are available packed loose or in tea bags for brewing. Because green tea is available in multiple forms, including brewed tea, RTD beverages, and capsules and tablets, dosage size will vary depending on the form consumed.



## Did You Know?

According to ancient stories, Chinese Emperor Shen Nung accidentally discovered the delicious taste and aroma of tea in 2737 BC, when wild tea leaves fell into his pot of boiling water!