

Why is Green Tea beneficial?

Catechin (Tannin)

Catechin is a bioflavonoid that has both antiviral and antioxidant qualities. *Sencha* has the most Catechin of all green teas.

Catechin's effects include:

- Fights free radicals (activated oxygen)
- Reduces cholesterol
- Reduces fat
- Antibacterial and sterilizing (assisting with prevention the growth of oral germs, which cause periodontal disease and halitosis, or bad breath)
- Antiviral properties
- Protects from influenza infection
- Moderates allergies including itching and sneezing (from such sources as airborne pollen, mold allergies and dermatitis)
- Preventing cavities (catechin balances the enzymes found in the cavity area, and reduces acids in the mouth which can harm the tooth enamel)

Theanine (Teainin)

Tea is the only plant that makes the amino acid Theanine, also known as Teainin or L-Theanine. Catechin is bitter and Theanine is sweet. These two elements create a perfect balance of taste.

Theanine's effects include:

- Stimulates alpha brain waves (promoting a relaxed but alert mental state)
- Increases Dopamine levels (improving memory)
- Tempers the effects of caffeine (which alone can cause nervousness or excitability, as it does in coffee)

Vitamin C

The vitamin C found in green tea is water-soluble, and the heat used in brewing tea does not reduce its potency. The vitamin C found in green tea works together with Catechin and Vitamin E.

The effects of these nutrients include:

- Enhance immune function
- Improve skin (by reducing blemishes, wrinkles and sun damage)

Caffeine

The caffeine level found in green tea is mild. Its effects include:

Increases cognitive performance, mental alertness, and energy

Assists with weight loss (through its stimulating and mild diuretic effects)

Bioflavonoids

The bioflavonoids found in green tea help to keep your teeth and gums healthy.

You can gargle with green tea after brushing your teeth to kill germs and prevent bad breath.

Minerals

Tea is rich in minerals, including manganese, potassium and calcium, which help to alkalinize the blood, regulate the heartbeat, and build strong teeth and bones.