

Green Tea

A Review of Potential Health Benefits

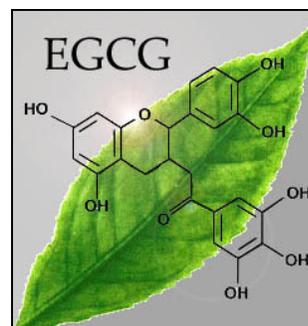


- Green tea is one of four types of tea (white, green, black, and oolong) from the plant *Camellia sinensis*.
- White tea is the least processed form of tea, while black tea leaves are fermented. Green tea leaves are steamed, not fermented, and hence preserve more polyphenols.
- The **beneficial effects** of green tea are attributed to the polyphenols, particularly the catechins, which make up 30% of the dry weight of green tea leaves.
- These catechins are present in **higher quantities** in green tea than in black or oolong tea because of the differences in the processing after harvest.

Potential Health Effects of Green Tea

Many studies have found beneficial effects associated with the consumption of green tea. In fact, green tea has been shown to play a beneficial role in six different areas:

- Cardiovascular diseases
- Obesity and weight loss
- Diabetes
- Cancer
- Microbial diseases
- Neurodegenerative diseases
 - Aging
 - Parkinson's disease
 - Alzheimer's disease
 - Stroke



(-) epigallocatechin-3-gallate (EGCG)

EGCG is one of six polyphenolic catechins in green tea. It is the most abundant catechin and the most studied. EGCG accounts for 65% of green tea's catechin content. One cup of green tea contains around 100-200 mg of EGCG. Other components found in smaller amounts in green tea include: caffeine, theanine, theaflavins, theobromine, theophylline, and phenolic acids such as gallic acid.

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