

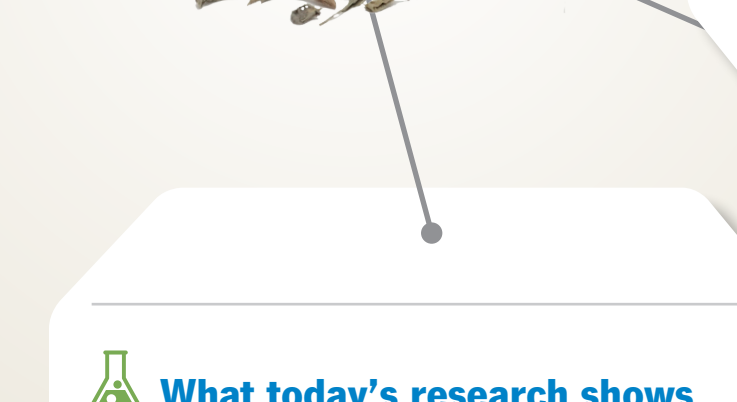
6 TEAS

Guaranteed to Please

For thousands of years, people across the world — from Buddhist monks to British monarchs — have relied on tea to soothe, heal and inspire. Today, more and more research points to tea’s health benefits. Black tea is the most beloved variety in America. But here are six healthy teas worth trying!



1 Green tea



Standout ingredients

- › Antioxidant flavonoids and other polyphenols, especially catechins (good for your heart, memory, skin & more)
- › L-theanine (amino acid that may reduce stress)

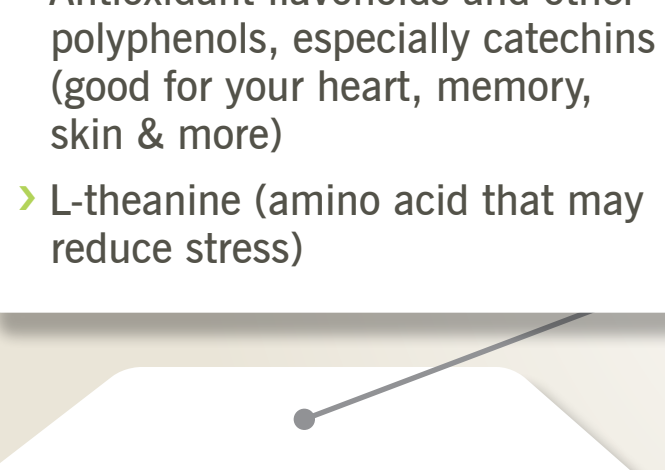
What today’s research shows

- › Lowers risks of heart attack, stroke
- › May lower blood pressure, improve working memory and protect bone health
- › May help prevent cancer
- › Appears to fight infection, protect vision and manage weight in the lab

Fast facts

- › Moderately processed tea leaves, steeped
- › Packed with nutrients
- › Less caffeine than black tea
- › Origin: ancient China
- › World’s most popular and best-researched tea

2 Matcha tea



Standout ingredients

- › Antioxidant flavonoids and other polyphenols, especially catechins (good for your heart, memory, skin & more)
- › L-theanine (amino acid that may reduce stress)

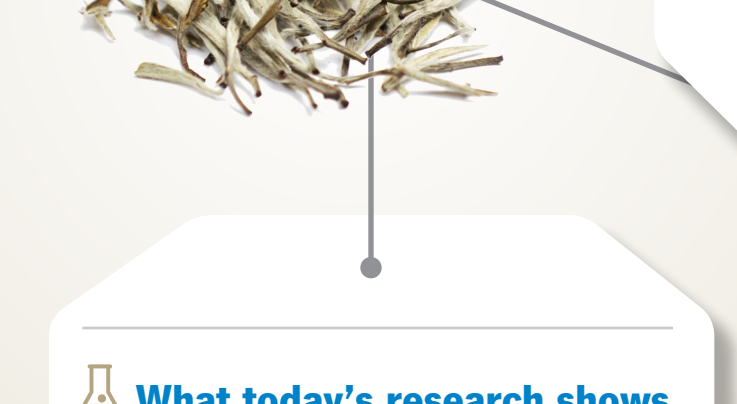
What today’s research shows

- › Has 137 times the number of flavonols in green tea
- › Slowed kidney, liver damage from diabetes in animal studies

Fast facts

- › Youngest tea leaves, ground whole, whipped in water
- › Rich in chlorophyll with the most nutrients
- › More caffeine than black tea
- › Origin: ancient China
- › Focus of Japanese tea ceremony

3 White tea



Standout ingredients

- › Antioxidant flavonoids and other polyphenols, especially catechins (good for your heart, memory, skin & more)
- › L-theanine (amino acid that may reduce stress)

What today’s research shows

- › Shows potential in the lab for diabetes, heart disease and cancer prevention

Fast facts

- › Minimally processed tea leaves & buds, steeped
- › Less caffeine than black tea
- › Origin: 18th century China
- › Named for white down-covered leaves

4 Peppermint tea



Standout ingredients

- › Antioxidant flavonoids

What today’s research shows

- › Peppermint oil may improve irritable bowel symptoms
- › More studies on peppermint tea are needed
- › Appears to fight infection and prevent cancer, heart disease and allergy in the lab

Fast facts

- › Peppermint leaves, steeped
- › Age-old digestive remedy
- › Caffeine-free
- › Origin: ancient Greece

5 Chamomile tea



Standout ingredients

- › Flavonoids and terpenoids (also antioxidant)

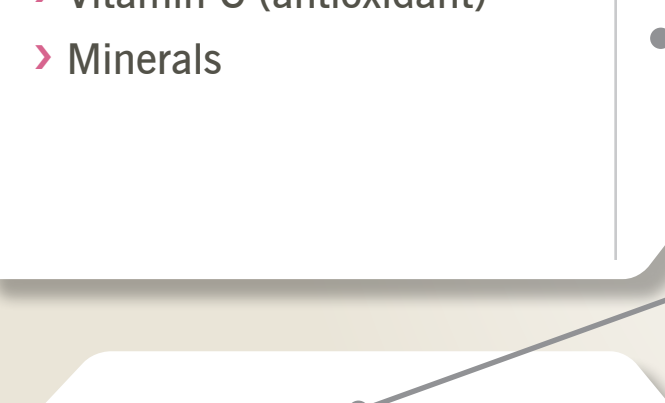
What today’s research shows

- › May help control blood sugar
- › May calm anxiety, ease inflammation and lower cholesterol in animals
- › Appears to fight infection, and prevent heart disease and cancer in the lab

Fast facts

- › Chamomile flowers, steeped
- › Used as sleep aid
- › Caffeine-free
- › Origin: ancient Greece

6 Hibiscus tea



Standout ingredients

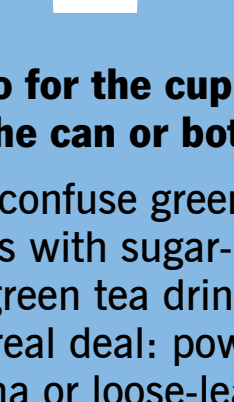
- › Vitamin C (antioxidant)
- › Minerals

What today’s research shows

- › Helps lower blood pressure
- › May help decrease LDL cholesterol
- › Appears to prevent heart disease and cancer and to fight bacterial infections like E. coli in the lab

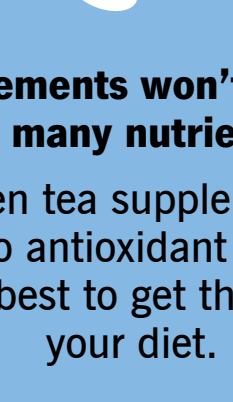
Fast facts

- › Hibiscus flower sepals, steeped
- › Deep red
- › Caffeine-free
- › Origin: ancient Egypt



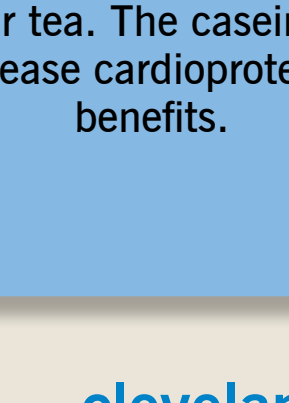
Go for the cup, not the can or bottle.

Don’t confuse green tea extracts with sugar-laden bottled green tea drinks. Opt for the real deal: powdered matcha or loose-leaf or bagged green tea.



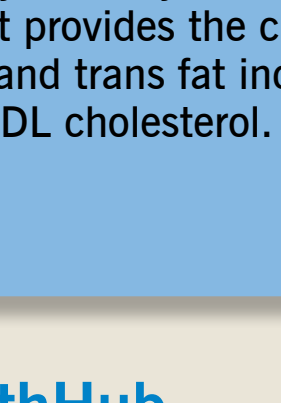
Supplements won’t supply as many nutrients.

Green tea supplements have no antioxidant benefits. It’s best to get them in your diet.



Make do without milk.

Concerned about heart health? Resist the urge to add milk to your tea. The caseins may decrease cardioprotective benefits.



Coffee creamer is a poor substitute.

It may be dairy-free, but trans fat provides the creamy texture, and trans fat increases LDL cholesterol.

SOURCES

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