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

EGCG

( - ) 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.

Pennington Biomedical Research Center
www.pbrc.edu

Click here for more information