

Tea Name	Origin	Type	Season	Time	Caffine Level	Benefits	Flavor
Chamomile	Varied	White	Year Round	Anytime	Low	Calming/Inflammation	Floral
Lemon Grass	Asia	Oolong	Year Round	Anytime	Low	Digestion/HBP	Fruit/Lemon
Anise	Medditeranian	White	Year Round	Anytime	Medium	Digestion/Sore Throat	Sweet
Ginsing	China	Varried	Year Round	Anytime	Varried	Digestion/Menstration	Sweet
Goldenrod	Hungary	White	Year Round	Anytime	Low	Dietary	Bland
Bai Mudan	China	White	Year Round	Anytime	Medium	Inflammation	Sweet
Huoshan Huangya	China	Yellow	Year Round	Anytime	Medium	Digestion/Hydration	Sweet
Junshan Yinzhen	China	Yellow	Rare	Anytime	Medium	Digestion/Hydration	Sweet
Shoumei	China	White	Year Round	Anytime	Low	Heart	Sweet
English Breakfast	England	Black	Year Round	Morning	High	Energy	Hearty
English Afternoon	England	Black	Year Round	Afternoon	High	Energy	Hearty
Irish Breakfast	Ireland	Black	Year Round	Morning	High	Energy	Hearty
Malsa Chai	India	Chai	Year Round	Anytime	High	Cold/Inflammation	Spice
Earl Grey	England	Black	Year Round	Anytime	Medium	Calming	Fruity
Jin Jun Mei	China	Black	Spring	Anytime	High	Oral	Sweet/Fruity
Jasmine	China	White	Year Round	Welcoming Gesture	Low	Calming	Floral
Aasam	India	Black	Year Round	Morning	High	Energy	Sweet
Darjeeling	India	Black	Year Round	Anytime	Medium	Digestion	Fruity/Grape
Formosa	Taiwan	Oolong	Year Round	Morning/Afternoon	Varied	Digestion	Varied
Japense Cherry	Japan	White	Spring	Anytime	Low	Inflammation	Floral
Boldo	Chile	Herbal	Year Round	Anytime	Low	Mild Folk Medicine	Spice
Coca	Andes Mountain Rang	Herbal	Year Round	Morning/Afternoon	High	Altitude Sickness	Hearty
Nepal Jun Chiyabari	Nepal	Oolong	Year Round	Morning/Afternoon	Medium	Curing Illness	Floral
Ceylon Dimbula	Sri Lanka	Black	Year Round	Anytime	Medium	Weight Loss	Hearty
Munnar	India	Black	Year Round	Anytime	Medium	Digestion	Floral
Sun Moon Lake	Taiwan	Black	Year Round	Morning/Afternoon	High	Digestion	Fruity
Kangra	India	Black	Year Round	Morning/Afternoon	High	Digestion	Floral
Da Hong Pay	China	Oolong	Year Round	Morning/Afternoon	Medium	Metabolism	Sweet
Green Pu-erh tuocha	China	Green	Year Round	Anytime	Low	Calming	Bitter
Huoshan Huangya	China	Yellow	Year Round	Anytime	Low	Weight Loss	Spice
Taiwanese High Moutntai	Taiwan	Oolong	Year Round	Morning/Afternoon	Medium	Metabolism	Floral
Nilgiri	India	Black	Year Round	Anytime	Low	Metabolism	Fragerant
Tanyang Gongfu	China	Black	Year Round	Anytime	Low	Beneficial Antioxidants	Sweet
Zhenghe Gongfu	China	Black	Year Round	Anytime	Low	Beneficial Antioxidants	Sweet
Bailin Gongfu	China	Black	Year Round	Anytime	Low	Beneficial Antioxidants	Sweet
Lapsang Souchong	China	Black	Year Round	Anytime	Low	Circulation/oral	Sweet/Smokey
Yin Junmei	China	Black	Year Round	Anytime	Low	Circulation/oral	Smokey

Keemun	China	Black	Year Round	Anytime	Low	Circulation/oral	Floral/Smokey
Dian Hong	China	Black	Year Round	Anytime	Low	Immunity	Bitter
Yin De Hong	China	Black	Year Round	Anytime	Low	Immunity	Spice
Jiu Que Hong Mei	China	Black	Year Round	Anytime	Low	Circulation/oral	Fruity
Tibeti	China	Black	Year Round	Anytime	Low	Circulation/oral	Salty
Butter (Tibetan)	Nepal	Black	Year Round	Morning/Anytime	High	Energy	Buttery/Sweet
Congou	China	Black	Year Round	Anytime	Medium	Cholesterol/Antioxident	Fragerant
Golden Monkey	China	Black	Spring	Anytime	Medium	Beneficial Antioxidants	Nutty/Fruity
Silver Needle	China	White	Rare	Anytime	Medium	Oral	Floral
Caykur Rize	Turkey	Black	Year Round	Anytime	High/Low	Oral	Sweet/Tart
Constant Comment	United States	Black	Year Round	Anytime	Medium	Oral	Sweet
Iced Tea	World Wide	Varied	Year Round	Anytime	High/Low	Non Function	Sweet
Arnold Palmer	United States	Varried	Year Round	Anytime	High/Low	Energy	Sweet
John Daly	United States	Varried	Year Round	Afternoon/Night	High/Low	Alcoholic	Sweet
Hong Kong Style Milk Te	Hong Kong	Black	Year Round	Lunch	High	Non Function	Sweet
Jagertee	Germany	Black	Winter	Afternoon/Night	High	Alcoholic	Fruity
Jiva Kombucha	Australia	Green	Year Round	Anytime	Low	Curing Illness	Sour/Sharp
Kahwa	Afghanistan	Green	Year Round	Morning	High	Cures Illness/Energy	Fragerant
Kombucha	Unknown/Russia	Black	Year Round	Anytime	High	Immune System Boost	Sour/Bitter
Lady Grey	England	Black	Year Round	Anytime	High	Energy	Fruity
Lei Cha	China	Green	Winter	Breakfast	High	Dietary	Nutty
Maghrebi Mint	Greater Magrheb	Green	Summer	Anytime	Low	Hydration	Minty/Spice
Noon Tea	India	Chai	Winter	All Day	Medium	Immunity/Cholesterol	Sweet/Savory
Peace Tea	United States	Varried	Summer	Afternoon/Night	Varried	Beneficial Antioxidants	Fruity
Russian Caravan	Russia	Black	Year Round	Anytime	High	Beneficial Antioxidants	Smokey
Soder Tea	Sweden	Black	Year Round	Anytime	High	Beneficial Antioxidants	Fruity Floral
Suutie Tsai	Mongolia	Green	Year Round	Anytime	Low	Dietary	Milky/Sweet
Dafang	China	Green	Year Round	Anytime	Low	Weight Loss	Nutty
Teh Tarik	Malaysia	Black	Year Round	Breakfast	High	Non Function	Milkey/Sweet
Veitnamese Lotus	Vietnam	Green	Year Round	Celebratory Events	Low	Weight Loss/Cholestero	Floral
Anji Bai	China	Green	Rare	Anytime	Low	Stress Reducer	Savory
Aracha	Japan	Green	Year Round	Anytime	Low	Weight Loss/Cholestero	Bold
White Monkey	China	Green	Spring	Anytime	Low	Beneficial Antioxidants	Floral
Biluochun	China	Green	Year Round	Anytime	Low	Beneficial Antioxidants	Fruity
Longjing	China	Green	Year Round	Anytime	Low	Stress Reducer	Sweet
Lu'an Melon	China	Green	Year Round	Anytime	Low	Stress Reducer	Nutty/Floral
Chiran	Japan	Green	Year Round	Anytime	Low	Stress Reducer	Earthy
Chun Mee	China	Green	Summer	Anytime	Low	Beneficial Antioxidants	Sweet

Lushan Cloud	China	Green	Summer	Anytime	Low	Beneficial Antioxidants	Sweet
Genmaicha	Japan	Green	Year Round	Anytime	Low	Beneficial Antioxidants	Sweet/Nutty
Gunpowder Tea	China	Green	Year Round	Afternoon/Night	High	Beneficial Antioxidants	Smokey
Gyokuro	Japan	Green	Year Round	Afternoon/Night	Medium	Beneficial Antioxidants	Sweet
Hojicha	Japan	Green	Year Round	Anytime	Low	Beneficial Antioxidants	Nutty
Huangshan Maofeng	China	Green	Spring	Anytime	Low	Weight Loss	Sweet/Nutty
Hyson	China	Green	Spring	Anytime	Low	Beneficial Antioxidants	Floral
Sayama	Japan	Green	Year Round	Afternoon	Low	Beneficial Antioxidants	Sweet
Sencha	Japan	Green	Year Round/Feb	Anytime	Low	Weight Loss	Sweet
Mecha	Japan	Green	Year Round	After Meals	Low	Cleanse The Palate	Bitter
Kukicha	Japan	Green	Year Round	Anytime	Low	Microbiotic Diet	Sweet
Tamaryokucha	Japan	Green	Year Round	Anytime	Low	Beneficial Antioxidants	Fruity/Nutty
Taiping Houkui	China	Green	Year Round	Morning/Afternoon	Low	Weight Loss	Sweet
Qilan	China	Oolong	Year Round	Morning/Afternoon	Medium	Oral/Heart Disease	Sweet
Rougui	China	Oolong	Spring	Morning/Afternoon	Medium	Oral/Heart Disease	Sweet
Ruanzhi	China	Oolong	Year Round	Morning/Afternoon	Low	Oral	Floral
Fo Shou	China	Oolong	Year Round	Anytime	Low	Calming	Sweet/Floral
Pouchong	China	Oolong	Spring	Anytime	Low	Beneficial Antioxidants	Floral/Fresh
Huang Jin Gui	China	Oolong	Year Round	Anytime	Medium	Beneficial Antioxidants	Fruity/Floral
Shui Hsien	China	Oolong	Year Round	Meal Time	High	Oral	Fruity
Jin Fo	China	Oolong	Year Round	Meal Time	High	Beneficial Antioxidants	Floral
Jin Xau	China	Oolong	Year Round	Anytime	Medium	Beneficial Antioxidants	Milky/Sweet
Tung-Ting	Taiwan	Oolong	Year Round	Anytime	Medium	Oral/Beneficial Antioxid	Woody/Fruity
Wuyi	China	Oolong	Year Round	Anytime	Medium	Weight Loss	