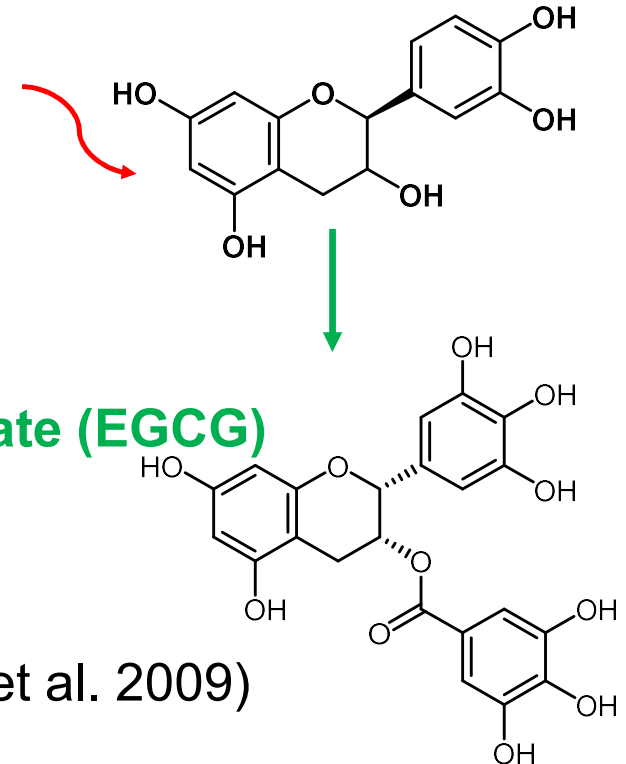


Is “Black” tea the same as “Green” tea ?

- Major tea ingredient contains “**epicatechins**”
 - It is “**cardioprotective**” (Chen, Hu et al. 2016);
 - It is “**anticancer**” (Suganuma, Saha et al. 2011)
 - Epicatechins present in tea: **Epigallocatechin gallate (EGCG)**
 - In every **100 g** of:
 - **Green tea** = ≈ 7380 mg EGCG
 - **Black tea** = ≈ 936 mg EGCG (Lorenz, Urban et al. 2009)
- **Sip your tea wisely**



Epigallocatechin gallate (EGCG)
(active component in tea)