



Tea
is
good for
your
health

Ceylon Tea
Natural & Refreshing

NO

Sugar
Sodium
Fat
Calories

"**Tea** began as a medicine and grew into a beverage". However, Tea is more than just a beverage, it is a package of inherently healthful ingredients for the body and mind.

Tea and health have always been inextricably linked after its legendary discovery by the Father of Agriculture and Medicine, the Chinese Emperor Shen Nung, approximately 5000 year ago.

Originally Tea was regarded as a medicinal curiosity and subsequently gained status as a social beverage. Tea is one of the healthiest beverages and today, most people drink tea because it is pleasant and refreshing.



As people become more health conscious, most of the food items were subjected to scrutiny by scientists to find their effects on humans. Tea also has been subjected to a number of bio-medical research studies that had been conducted in reputed laboratories around the world in recent years. These studies have shown that drinking tea could be beneficial to health in many ways confirming the age-old beliefs.

Tea is rich in antioxidants

Like any other plant material tea also contains antioxidant flavonoids. Antioxidants are compounds that help clean harmful compounds from the blood.

The difference from any other plant material is, tea contains uniquely high amounts of antioxidant flavonoids.

Research has shown that antioxidants could reduce the risk of heart disease, stroke and cancer.

Recent research has shown that antioxidants may protect against Alzheimer's and other age-related memory impairments.

Both green tea and black tea have similar antioxidant capacities, which are substantially higher than that of fruits and vegetables.

Total Anti-Oxidant Capacity of Tea and common Vegetables



Theanine, a unique amino acid in Tea

Tea contains the amino acid theanine which is not found in other plants. Theanine has a relaxing effect on humans and also assists our natural immune responses to infections.

Tea is good for the heart

Research had shown that tea drinking could reduce the risk of heart disease. This is mainly due to reduction of fat oxidation by tea antioxidants and facilitation of proper functioning of the endothelium, or inner lining of the arteries.

Tea protects against cancer

Research had also shown that tea could help in reducing the initiation and progression of some cancers.

Tea and oral health

Tea is a good source of fluoride. Four to five cups provide approximately 50% of daily fluoride requirement. Regular intake of fluoride protects teeth from decay.

Tea inhibits the growth of harmful micro-organisms in oral cavity to a certain degree thereby protecting teeth and gums.



- ☪ Tea without milk and sugar does not contain calories, therefore an ideal beverage for calorie conscious to loose weight.
- ☪ Tea contains very low amounts of sodium, which suits people with high blood pressure.
- ☪ Tea helps in hydration of body tissues and contributes towards our daily fluid requirement.
- ☪ Four to five cups of tea contain moderate amounts of caffeine and acts beneficially.
- ☪ Moderate amounts of caffeine can increase concentration thereby improving performance without any harmful effects.
- ☪ Tea brings about a sense of relaxation which expels stress and is recommended for those who feel irritation without any reason and constant fatigue.
- ☪ Green tea and black tea contain similar amounts of flavonoids and caffeine, giving similar health benefits.
- ☪ Tea can act as an anti bacterial agent. Gargle with tea when you have common cold during flu epidemic seasons.
- ☪ Tea relieves eye fatigue. Just apply around tired eyes.



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Today the main diseases afflicting the people of the world are the degenerative or age-related diseases, heart disease, high blood pressure, stroke, cancer and diabetes. These diseases, caused at least in part by improper and unbalanced nutrition, are responsible for 50-70% of premature mortality.

Recent research has shown that tea, the most consumed and cheapest beverage after water, has a great impact on balanced nutrition and could reduce the risk of some degenerative diseases such as heart disease, stroke, high blood pressure and cancer.

Courtesy Sri Lanka Tea Board.