COMPARISON OF BIOACTIVE COMPONENTS IN GABA TEA AND GREEN TEA PRODUCED IN TAIWAN

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The aim of this study is to investigate the bioactive components of GABA tea produced in Taiwan as compared with green tea. Using totally 56 tea samples as materials, their amino acids, phenolic compounds, reducing sugar and vitamin C were compared. The results showed that the contents of GABA, aniline, ammonia, lysine, leucine and isoleucine were higher in GABA tea while the glutamic acid, phenylalanine and aspartic acid were higher in green tea (p<0.05). The EC and EGCg contents of GABA tea were lower as theaflavins and tea brown pigment contents were higher than those of green tea (p<0.05). However, the content of total catechins was no difference between these two kinds of tea (p>0.05). Therefore, in term of the health benefits, the GABA tea is quite comparable with the green tea.