## Health Benefits of Tea Drinking

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount (% or mg)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caffeine</strong></td>
<td>0-1%</td>
<td>Presence can vary depending on tea type.</td>
</tr>
<tr>
<td><strong>Theobromine</strong></td>
<td>0-1%</td>
<td>Presence can vary depending on tea type.</td>
</tr>
<tr>
<td><strong>Theophylline</strong></td>
<td>0-1%</td>
<td>Presence can vary depending on tea type.</td>
</tr>
<tr>
<td><strong>Polyphenols</strong></td>
<td>0-10%</td>
<td>Antioxidant properties vary based on type.</td>
</tr>
<tr>
<td><strong>Flavonoids</strong></td>
<td>0-5%</td>
<td>Known for their antioxidant effects.</td>
</tr>
<tr>
<td><strong>L-theanine</strong></td>
<td>0-1%</td>
<td>May improve mood and relaxation.</td>
</tr>
</tbody>
</table>

Tea drinking has numerous health benefits, including improved heart health, weight management, and cognitive function.
Catechins

Cancer Chemoprevention

Japanese Green Tee
Health Benefits of Tea Drinking

Anti-Hypercholesterolemic Activity


Anti-Hyperglycemic Activity


Bowel Modulating Activity


† conjugated isomers of tea polyphenols.
Caffeine

Effect on Sleep

Effect on Spontaneous Motor Activity
Health Benefits of Tea Drinking

**Theanine**

Relaxation Effect

Blood Pressure

**Effect on Blood Pressure**

Saponins
**Water Soluble Macromolecules**

Flavonoids

Antioxidant Vitamins

Japanese Green Tea