

# BLACKTEA

## POWERED WITH FLAVOUR AND HEALTHY BENEFITS

With origins in the Far East, black tea has been consumed for hundreds of years. Whether it's green tea, white tea, oolong tea or black tea, it all comes from the *Camellia sinensis* plant. Tea contains plant-based micronutrients that have antioxidant properties to protect your body's cells from damage. Commercially, green tea and black tea are the most popular.

### BLACK TEA LEAVES

Black tea leaves are aged longer, fully oxidised and then dried, which gives black tea its unique health benefits. Black tea is bolder in colour and flavour, and can be astringent.



### GREEN TEA LEAVES

Green tea leaves are harvested and dried shortly after to prevent too much oxidation, as well as the leaves from browning.

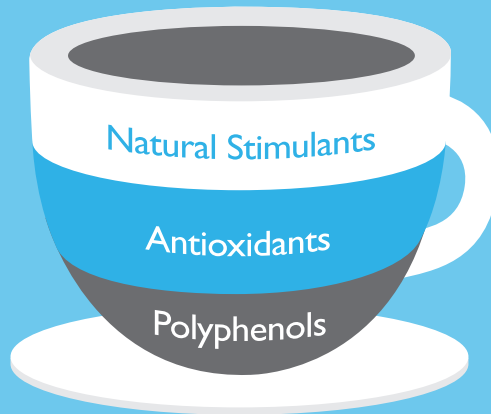
### CATECHINS

A flavonoid compound shown to have antioxidant properties for cardiovascular issues.<sup>1</sup>

### THEAFLAVINS & THEARUBIGINS

By-products of black tea catechins following oxidation that give black tea its colour, and are believed to have antioxidant properties against cardiovascular issues (i.e. hypertension, high fat levels)<sup>1,2</sup>

## WHAT'S IN BLACK TEA?



### L-THEANINE

An amino acid that promotes relaxation without drowsiness; with caffeine, it may increase mental focus.<sup>3</sup>

### TANNINS

Natural polyphenol compounds that give tea its astringency and bitter taste.<sup>4</sup>

### CAFFEINE

A natural stimulant that increases energy.

## HEALTHY SUPPORT FOR YOUR BODY



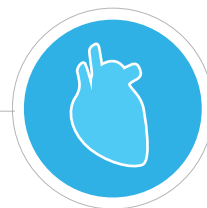
May support a healthy digestive system<sup>5</sup>



May support healthy weight management<sup>5,6</sup>



May support healthy immune function<sup>7,8</sup>



May promote cardiovascular health<sup>2,9,10</sup>



May help maintain blood sugar levels<sup>9,10</sup>

1. <https://academic.oup.com/jn/article/131/9/2248/4687692>  
 2. <https://www.ncbi.nlm.nih.gov/pubmed/24499118>  
 3. <https://www.healthline.com/health/l-theanine#benefits-and-uses>  
 4. [http://www.phytojournal.com/vol11Issue3/Issue\\_sept\\_2012/8.1.pdf](http://www.phytojournal.com/vol11Issue3/Issue_sept_2012/8.1.pdf)

5. <http://newsroom.ucla.edu/releases/black-tea-may-help-with-weight-loss-too>  
 6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4055352/>  
 7. <https://www.ncbi.nlm.nih.gov/pubmed/24499118>

8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2837615/>  
 9. <https://www.ncbi.nlm.nih.gov/pubmed/25601602>  
 10. <http://www.eurekaselect.com/127796/article>