



I ♥ Green Tea

Green Tea

As soon as Green Tea leaves are plucked from the bush they begin processing. The fermentation phase is skipped and the leaves are dried right away, preventing the fermentation and retaining the green color, tannins, Vitamin C, chlorophyll, and minerals.

Fifteen to twenty percent (15%-20%) of dried Green Tea is made up of catechins. Catechins have very potent anti-microbial actions. Dr. Yukihiko Hare stated in an interview in the *Tea And Coffee Trade Journal*, "The anti-flu virus actions of these tea catechins are just phenomenal."

Although each of the teas has weight loss and health benefits, Green Tea stands out as the clear winner in health benefits. Catechins, the nutrient that gives tea, and especially green tea, its nutritional power, are also highly effective at boosting the metabolism.

organic ingredients

Pure Green Tea (Camellia sinensis) from China

suggested usage

The Tea: Add ½ to 1 teaspoon of tea to 8 to 32 ounces of hot water.

Steep 2 to 5 minutes. Water temperature is a critical factor in bringing out the best qualities of Green Tea. If the water temperature is too hot, the tea will be too bitter and much of its delicate aroma will be lost; if the water temperature is too cool, the full flavor contained in the leaves will not be extracted.

disclaimer

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reasonable cautions

Take as suggested. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.



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