**Health Benefits**

Tea leaves have properties which take care of your body and state of mind. This wonderous drink have been around for over 5,000 years and the many health benefits have been uncovered over time.

Tea leaves contain polyphenols, namely catechins which act as antioxidants.

The youngest bud has the highest level of antioxidants: Green teas, white teas and first flush teas.

One of these catechins is called Epigallocatechin-3-gallate (EGCG) and is thought to:

* protect us against cancer of the breast, prostate, lungs, ovaries, and liver
* protect us against atherosclerosis and other circulatory diseases
* ward off Alzheimer's disease or dementia,
* control blood sugar levels.

An 8oz cup of green tea contains approximately 100 mg of EGCG

All teas contain these catechins and their potency is stronger the longer you steep the tea, remember not to steep too long though to avoid the bitter taste which polyphenols give.