

### **Tea Leaf Polyphenols May Promote Weight Loss**

Tea polyphenols and the caffeine content in tea increase energy expenditure and fat oxidation, providing benefits for achieving and maintaining an ideal body weight. The results of one meta-analysis suggests the increase in caloric expenditure is equal to about 100 calories over a 24-hour period, or 0.13 calories per mg catechins. In a related review, researchers concluded that subjects consuming green tea and caffeine lost an average of 2.9 pounds within 12 weeks while adhering to their regular diet. Population-based studies also show that habitual tea drinkers have lower Body Mass Indexes (BMIs) and waist-to-hip ratios and less body fat than non-tea drinkers. In addition, green tea and caffeine also appear to boost fat oxidation over 24 hours by an average of 16% or 0.02 grams per mg catechins.

[Catechin- and caffeine-rich teas for control of body weight in humans  
http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058396.abstract](http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058396.abstract)

Source: *American Journal of Clinical Nutrition*  
Tea Council of the USA

### **Tea May Reduce Risk for Some Cancers**

Green tea polyphenols may play a role in arresting the progression of certain cancers. For example, in a double-blind, placebo-controlled study, supplementation with 600 mg/d green tea catechins reduced the progression of prostate cancer. The researchers reported that after a year, 9% of men in the green tea supplemented group had progressed to prostate cancer whereas 30% of taking the placebo group had cancer. Thousands of laboratory, epidemiological and human intervention studies have found anti-cancer properties in compounds present in tea. The types of cancer that have shown benefits of tea include cancers of the gastrointestinal tract, lung, prostate, breast, and skin. The proposed mechanisms of action for providing protection against cancer include antioxidant effects, inhibition of growth factor signaling, as well as improving the efficacy of chemotherapy agents.

[Cancer prevention by green tea: evidence from epidemiologic studies  
http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058271.abstract](http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058271.abstract)

Source: *American Journal of Clinical Nutrition*  
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### **Tea Catechins are Cardioprotective**

Numerous studies suggest tea supports heart health and healthy blood pressure, and a reduced risk of cardiovascular disease, heart attack and stroke. Study results published by Claudio Ferri, MD, University L'Aquila, Italy, found that black tea reduced blood pressure, and among hypertensive subjects, it helped counteract the negative effects of a high-fat meal on blood pressure and arterial blood flow.

Hypertensive subjects were instructed to drink a cup of tea after a meal that contained 0.45 grams fat/lb. body weight. The results suggest that tea prevented the reduction in flow-mediated dilation (FMD), the ability to increase arterial blood flow that occurs after a high-fat meal. In a previous study conducted by Ferri, tea improved FMD from 7.8 to 10.3%, and reduced both systolic and diastolic blood pressure by -2.6 and -2.2 mmHg, respectively, in study participants.

### **[Tea consumption and cardiovascular disease risk](http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.059345.abstract)**

<http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.059345.abstract>

Source: *American Journal of Clinical Nutrition*  
Tea Council of the USA

### **Tea Flavonoids Improve Bone Strength and Quality**

Osteoporosis is a major public health concern but new research suggests that polyphenols in green tea may help improve bone quality and strength through many proposed mechanisms. In fact, one study found that tea drinking was associated with a 30% reduced risk in hip fractures among men and women over 50 years old. In a study of 150 postmenopausal women, researchers reported that 500 mg green tea extract (equivalent to 4-6 cups of green tea daily), alone or in combination with Tai Chi, improved markers for bone formation, reduced markers of inflammation and increased muscle strength in study participants. Numerous other studies have found that green tea flavanols provide a restorative effect to bone remodeling to help maintain bone density and slow bone loss.

### **[Tea and bone health: steps forward in translational nutrition](http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058255.abstract)**

<http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058255.abstract>

Source: *American Journal of Clinical Nutrition*  
Tea Council of the USA

### **Tea Improves Mood, Alertness and Problem Solving**

Results from new research published in the *American Journal of Clinical Nutrition* found that drinking tea improved attention and allowed individuals to be more focused on the task at hand. In this placebo-controlled study, subjects who drank tea produced more accurate results during an attention task and also felt more alert than subjects drinking a placebo. These effects were found for 2-3 cups of tea consumed within a time period of up to 90 minutes. Several studies have evaluated the role of tea in strengthening attention, mood and performance, and the results have been promising. It is thought that the amino acid theanine and caffeine, both present in tea, contribute to many of tea's psychological benefits.

#### **[Acute effects of tea consumption on attention and mood](http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058248.abstract)**

<http://ajcn.nutrition.org/content/early/2013/10/30/ajcn.113.058248.abstract>

Source: *American Journal of Clinical Nutrition*  
Tea Council of the USA