

Characteristics of Green Tea and Its Beneficial Effects on Human Health

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ABSTRACT

Tea is a traditional and the most consumed drink in the long Chinese history for thousands of years. Beneficial effects of tea on human health have been shown in recent biomedical research. Many medical studies reported that green tea appears to be a promising source of polyphenols (catechins), β -carotene, vitamin C, vitamin E, chlorophyll, fiber and other healthy nutrients, as well as playing an important role in disease prevention. The beneficial effects of green tea included anti-oxidation, anti-bacterial, anti-tumor, oral health promotion, tooth decay prevention, cholesterol inhibition, suppression of increased blood sugar and remove free radicals in human body. Hence, catechin has far-reaching positive effects on the human health, and becomes more popular in the health food. This report has summarized the most recent green tea related researches and studies, such as the briefing and classification of tea, types of products, green tea harvesting and production, the chemical composition of green tea, and the beneficial effects of green tea in a detailed form. This report also includes the physiological functions of catechin, its production and how it contributes to human health.

Keywords : catechin、fiber、antioxidation

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