

GREEN TEA

BURN CALORIES

Drinking 2 - 3 cups of Green Tea daily could help burn as much as **100 Calories!**



IMPROVES BRAIN FUNCTION

Green tea contains less caffeine than coffee, but enough to produce an effect. It also contains the amino acid L-theanine, which can work synergistically with caffeine to improve brain function.



ANTI - OXIDANTS

IN GREEN TEA MAY LOWER YOUR RISK OF CANCER!

- Men who drank more than 1.5 cups of green tea per day had a **70% lower colon cancer risk.**

- A meta-analysis of observational studies found that women who drank the most green tea had a **22% lower risk of developing breast cancer.**

- One study found that men drinking green tea had a **48% lower risk of developing prostate cancer.**

GOOD FOR YOUR TEETH:



The catechins in green tea may inhibit the growth of bacteria, this can lower the risk of infections and lead to improvements in dental health, a lower risk of caries and reduced bad breath.



LOWER RISK OF COLON CANCER



LOWER RISK OF BREAST CANCER



LOWER RISK OF PROSTATE CANCER



ALZHEIMER'S & PARKINSON'S

Green Tea is said to delay the deterioration caused by Alzheimer's and Parkinson's. Studies carried out on mice showed that green tea protected brain cells from dying and restored damaged brain cells.

MANAGE DIABETES

Green tea apparently helps **regulate glucose levels** slowing the rise of blood sugar after eating.

This can prevent high insulin spikes resulting in fat storage.

MANAGE CHOLESTEROL



Green tea reduces bad cholesterol in the blood and **improves the ratio of good cholesterol to bad cholesterol.**