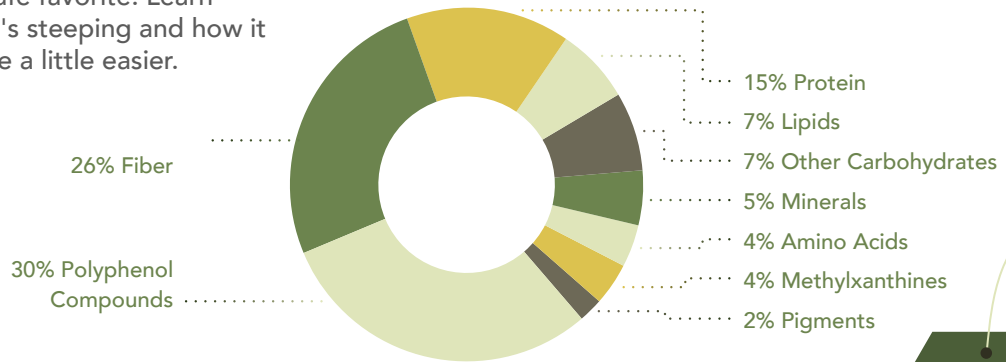


"STEEP" UP YOUR HEALTH WITH

# GREEN TEA

What's in your mug? If it's green tea, you're already reaping the countless benefits of this café favorite. Learn more about what's steeping and how it can make your life a little easier.

## COMPONENT BREAKDOWN



Green tea accounts for about **20%** of all tea grown around the world



### CANCER PREVENTION

Polyphenols in green tea help kill many kinds of cancer cells and can stop their progression.



### INFLAMMATION RELIEF

Quercetin is a plant chemical that protects against inflammation like puffy eyes, inflamed sinuses, arthritis and asthma.

### LESS STRESS



Green tea contains L-Theanine, an amino acid that helps reduce stress and relaxes your mind and body.

### INCREASED BRAIN POWER



The L-Theanine and caffeine in green tea can significantly boost levels of attention and alertness.



### WEIGHT LOSS

Drinking 2-3 cups of green tea each day can burn up to 100 calories while also boosting metabolism.



### HEALTHIER HEART

Drinking 2-3 cups of green tea each day lowers blood pressure and the risk of heart attack by almost 20%.

### CLEANER TEETH



Catechins, a polyphenol compound, and other antioxidants in green tea may inhibit the growth of bacteria, lowering the risk of tooth decay and bad breath.

### ACNE RELIEF

The antimicrobial and antioxidant compounds of green tea can reduce pimples.



Increase the effect by using cooled green tea as a face wash.

