Black Tea Comparable to Green Tea in Helping Prevent Mouth Cancer

By Greg Arnold, DC, CSCS, June 20, 2005, abstracted from "Inhibitory effect(s) of polymeric black tea polyphenols on the formation of B(a)P-derived DNA adducts in mouse skin" in the Journal of Environmental Pathology, Toxicology, and Oncology

Link – http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/M045983.htm

Each year, 30,000 Americans are diagnosed with oral cancer, killing roughly one person per hour, 24 people per day, resulting in over 8,000 deaths each year. The death rate for oral cancer is higher than that of cervical cancer, Hodgkin's disease, cancer of the brain, liver, testes, kidney, or skin cancer.¹

When it comes to foods that may help prevent cancer, perhaps none have received more favorable press than green tea.² Not only has research been favorable when examining green tea's ability to help prevent cancers of the stomach,³ lung,⁴ prostate⁵ and ovary,⁶ the research has been consistent for over a decade.⁷ Scientists have based green tea’s health benefits on its abundant source of antioxidants called catechins.⁸

Now a new study⁹ has found that another tea, black tea, may be able to give just as much protection against oral cancer as green tea. In the study, researchers gave black tea polyphenols (PBP) to eight-week old mice for 4 days while other mice received a control dose of acetone. The researchers then measured the levels of a DNA marker for cancer to assess any effects of the black tea PBP’s.

At the end of four days, researchers found that some black tea polyphenols reduced the marker of cancer by as much as 85%. These results led the researchers to conclude that “black tea-derived PBPs have one of the chemopreventive properties shown by monomeric green tea polyphenols.”

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