Review of Black Tea Confirms Heart Health Benefits


Link – http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/M086864.htm

As the most consumed beverage in the world after water, tea has been consumed in Asia for more than 4000 years and is consumed by 77% of people in the United Kingdom¹ and nearly 80% of North Americans.²

A big reason for consuming tea is because of its high levels of polyphenols which “possess considerable antioxidant power and have been shown to impede the actions of free radicals”.³ Research has found that tea drinkers can get as much as 82% of their total antioxidant intake from tea⁴ while drinking three cups of tea per day for two weeks can increase the concentration of antioxidants in the blood by 25%⁵.

While green tea is the most popular tea drank for health benefits, research has started to find black tea comparable to green tea.⁶ Now a new review of the research on black tea⁷ has found it to have “a positive effect on health.”

In the study, researchers looked at all studies completed between 1990 and 2004 that examined the consumption of black tea on risk factors for heart disease. They found a total of 21 studies and these studies showed “clear evidence” that an intake of at least three cups per day of black tea was associated with “a reduction of risk factors” for heart disease. They also found that “no credible evidence” existed that black tea was harmful.

A concern among the researchers was that the consumption of caffeine would increase dehydration. But “normal hydration was consistent with tea consumption when the caffeine content was less than 250 mg per cup.”

For the researchers, “There was sufficient evidence to show risk reduction for CHD (Coronary Heart Disease) at intakes of greater than three cups per day and for improved antioxidant status at intakes of up to six cups per day.”

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Reference:
² “Market Stats” posted on http://www.tigermtteaco.com/marketstats-tea.htm

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