Video Compares Antioxidant Benefits Of Hibiscus Tea With Those Of Orange Juice

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The Immortalitea Company, a health and tea company in Grandville, MI, has announced that they have launched a new video that compares the antioxidant benefits of orange juice with their organic hibiscus flower tea. In the video, they discuss the potent health benefits of orange juice and how it can benefit people. At the same time, they also demonstrate that the health benefits associated with their hibiscus tea are as good and even greater.

Margo Chupeido from The Immortalitea Company, says: "Nobody will be surprised to hear that orange juice is healthy. Science has shown that it contains 1.52 mmol of antioxidants, and these are vital for health building properties. However, what they don't consider is the fact that a glass also contains 112 calories, and 25.8 grams of carbohydrates, 21 grams, or five teaspoons, of which, are sugars. When adding that knowledge, it suddenly becomes a much less healthy drink."

The company's whole flower hibiscus tea was also measured in terms of its calories, carbohydrates, sugars, and protein. Each of these measures in at zero. However, it does contain 16.6 mmol of antioxidants. By those numbers alone, it seems that hibiscus tea is the clear winner between the two because it has 10.8 times as

much antioxidants as orange juice.

There are some limitations to the study, however. Chupeido adds: "The nutritional information on Coca Cola is that it is virtually equal in terms of calories and carbohydrates to orange juice. In fact, Coca Cola does not contain any proteins. When looked at in that way, taking a vitamin C supplement with a glass of soda, would actually make it healthier than orange juice."

Immortalitea warns people that the only reason why commercial orange juice brands have such a reputation of being healthy alternatives, is simply because of strong marketing campaigns in the past. What they want to point out is that while fresh orange juice, squeezed at home from real oranges, is a healthy drink in terms of its vitamin C content, whole flower hibiscus tea, which is also fully organic, still beats it in terms of antioxidant content in mmol.

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The Immortalitea Company

The Immortalitea Company offers health-conscious organic and pesticide-free teas including jiaogulan, mulberry leaf, and gourmet organic teas.

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