The Immortalitea Company Comments On Study On Catechins Content Of White Tea

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A study has recently been released on the catechins content of white teas and Grandville, MI tea production company, The Immortalitea Company, has now published a blog post that comments on the results of this research. While it has long been known that tea has a number of health benefits, this latest piece of research has shown that significant amounts of catechins are released while a person is drinking tea.

"The scientific research on catechins is very extensive," says The Immortalitea Company's Margo Chupeido. "They are known to be strong anti-cancer agents, and particularly help fight stomach cancer. Furthermore, they have anti-aging properties, and some believe that they help lower bad cholesterol and suppress appetite. The latest study, however, looked not just at the positive effects of catechins in general, but rather at catechins in white tea."

Catechins are found in a wealth of natural products. To date, studies have focused mainly on chocolate and red wine, both excellent sources. However, the new research, released in the Food Chemistry journal, looked specifically at the bio-availability of catechins in white tea, and those results were even more impressive.

Chupeido adds: "Two key things were uncovered. Firstly, it was found that the highest levels of catechins are released during the first stage of digestion, which is when the tea is in your mouth. Chinese people savor their tea, leaving it in their mouth for long periods of time. This may be why stomach cancer rates are 50% lower there."

She added: "The second key observation from the study was that white tea had the highest level of bio-available catechins when compared to green and black teas. This means that this is also the tea that will give you the greatest health benefits, and this is why we recommend that people buy white tea."

The Immortalitea Company has a variety of white teas in stock. Chupeido's personal favorite is the white peony tea, which is carefully harvested from the Chinese Fujian province in the spring. They add not just the bud, but also the top two leaves, making the tea more flavorsome, as well as more affordable. Most importantly, this has been found to provide the greatest health benefits.

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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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