

Green Tea : A Drink or a Medicine

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Abstract: *Green tea is a type of tea that is made from Camellia sinensis leaves and buds that have not undergone the same withering and oxidation process which is used to make oolong teas and black teas.[1] Green tea originated in China, and since then its production and manufacture has spread to other countries in East Asia*

Type -Tea

Country of origin - China

Region of origin -East Asia

Colour - Green

Ingredients - Tea leaves

Related products -Tea

Several varieties of green tea exist, which differ substantially based on the variety of C. sinensis used, growing conditions, horticultural methods, production processing, and time of harvest. The two main components unique to green tea are "catechins" and "theanine," and the health effects of these components are attracting a great deal of attention in Japan and abroad.[2]

Keywords: Green Tea

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