

Ten Good Reasons to drink Green Green Tea™

1. Helps save the world!

Green Green Tea™ is Carbon Neutral which makes it environmentally Green as well as Green in variety!

2. Tastes great

Tastes great as is made with some of the world's best quality Chun Mee leaves and is presented in a loose tea bag which means that water can seep into the bag and move through the tea perfectly – as good as loose tea but without the mess or the need for a strainer!

3. So easy to make!

- Use one tea bag per cup
- Fill a kettle with cold water and bring to a boil
- After unplugging the kettle, allow it to stand for up to 3 minutes
- Pour the heated water over the tea bag, and allow it to steep for up to 3 minutes then remove the bag
- Sit comfortably, sip and enjoy!
- You can then reuse the same tea bag up to 3 times, each of which will give a lighter and sweeter tasting tea

4. Just a touch of caffeine

Green Green Tea™ contains the least caffeine of all teas. But remember a little is still good as we all need a little kick start from time to time.

Become More Popular



Drink Green Green Tea™ and you will become devastatingly attractive!* Our tea has lots of antioxidants in it. We aren't sure what they are, but we suspect that they will make you better looking if you drink enough of them.

**This is not guaranteed.*

5. Makes you devastatingly attractive

Did you know that Green Green Tea™ can help you lose weight by helping to burn fat and calories? It contains a high concentration of catechin polyphenols. These compounds work with other chemicals to create heat in the body which in turn burns fuel such as fat. Drinking green tea regularly can therefore help with weight loss and it has even been reported to help burn an extra 78 calories a day by boosting metabolism. This adds up to over 28,000 calories in a year – the same number of calories you need to burn in order to lose 8 pounds of weight.



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6. Keeps you fighting fit

Today green tea is thought to help in the prevention of various diseases including cancer and cholesterol as well as helping with rheumatoid arthritis due to its content of the powerful anti oxidant EGCG (epigallocatechin gallate)*. In fact links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French had a low incidence of heart disease. The answer was found to lie in red wine, which contains resveratrol, an antioxidant that limits the negative effects of smoking and a fatty diet. Since then it has been said that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Chinese and Japanese men is quite low, even though over half of the population are smokers. But why don't other teas have similar health-giving properties? Green, oolong, and black teas all come from the leaves of the Camellia sinensis plant but what sets green tea apart is the way it is processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting disease.

If only half of this is true, well why are we not drinking it all the time?

7. Prevents tooth decay and bad breath

Recent studies suggest that chemicals and natural fluoride found in green tea can help destroy bacteria and viruses that cause throat infections, cavities and gum disease*. In addition, the polyphenols in tea can slow down the growth of bacteria associated with bad breath. Some even swear by its use as a mouth wash! Imagine a world without bad breath!

8. Will make you radiant

The natural antioxidants found in green tea are not only good for your insides but also your outsides as can make you look younger! Simply soak a bag of Green Green Tea™ in half a litre of still mineral water at room temperature over night. Remove the bag from the liquid and it's ready to use! It's better to make small quantities and use it fresh but surplus liquid can be poured into clean, sterilised bottles and refrigerated. It can be used as a spray, to freshen up the face, or cotton pads soaked in it can be particularly soothing for tired or strained eyes.

9. A natural antiseptic

Green tea has antiseptic properties, so can be used to treat minor cuts and rashes, and is surprisingly effective when applied to spots and blemishes. It can even be used as a treatment for sunburn – simply use cold tea bag and leave on the skin until the area begins to cool.

10. It's dairy free too!

And finally, for vegans or people who need to avoid dairy because of allergy or intolerance, green tea is the perfect choice for a brew as is drunk black and has a light fresh aroma.

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For more information and visuals, please contact:

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NOTES TO THE EDITOR: 1. According to a recent study by researchers at Purdue University the consumption of four to five cups of green tea a day may slow cancer. Previous studies have found a lower incidence of cancer in those who consume this amount of green tea but the exact compound that produced this cancer inhibition was unknown.
2. According to research by the independent Pace University Green tea can help in the fight against tooth decay.