



TECHNICAL DATA SHEET

Product Name: Green Tea Lu

INCI Name: Camellia Sinensis

Synonyms: Green Lu, Green rolled, Green ball shaped and Green orthodox teas

Product Quality: Gatanga green teas is single-origin and produced with sustainable, ethical practices. The green tea is organic and when infused 3gms is used to make 4cups since the infusion can be reused about four times while retaining all the favors and benefits.

Origin of Raw Material: China

Description: Green tea is obtained from the leaves of the 2leaves + bud of plant Camellia sinensis. The tree usually grows to a height of 2-5 meters, but can be shorter in cases where it is cultivated for tea production. The plant has glossy green leaves with serrated edges, 4-15 cm in length. It produces small, white flowers with a sweet scent, which yield fruits containing seeds. The leaves and leaf buds are harvested for tea production, and variations in processing lead to different types of tea (such as green, black, oolong, and white teas). The plant prefers acidic soil and can grow in various climatic conditions, from tropical to subtropical regions. Green tea contains numerous phytochemi-cals: potent theaflavin antioxidants: Theaflavin (TF), Theaflavin-3-gallate (TF-3-G), and Theaflavin-3,3'-digallate (TFDG)), catechins - phenolic antioxidants: Epicatechin (EC), Epigallocatechin (EGC), Epicatechin gallate (ECG), Epigallocatechin gallate (EGCG)). The Green tea also contains important phytochemicals such as: Caffeine, Theobromine, and Theophylline, the amino acid - L-theanine, and tannins responsible for the characteristic bitter taste and astringent actions: proanthocyanidins and Gallic acid and its ester form.

Benefits:

Health benefits of green tea



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- **Rich in antioxidants:** Green tea is high in catechins, powerful antioxidants that fight free radicals and may reduce the risk of certain cancers.
- **Supports heart health:** Antioxidants in green tea can help improve artery function and reduce the risk of heart disease and stroke.
- **Aids in weight management:** It can help boost metabolism and burn fat, especially when combined with high-intensity exercise.
- **Reduces anxiety:** It contains the amino acid L-theanine, which has a calming effect and can promote relaxation without drowsiness.
- **Improves oral health:** Catechins in green tea can help destroy bacteria that cause tooth decay.

Usage: It can be consumed as a beverage, used in dietary supplements, or applied topically in the form of an ointment for treating external warts.

Storage (Shelf Life): Stable when stored in a dry and cool place away from direct sunlight and in containers that does not allow air to penetrate. Its shelf life is Approximate 3years from the date of processing.

Animal Testing: The substance has not been tested on animals

GMO: Not GMO

Vegan: Does not contain components of animal origin.