



TECHNICAL DATA SHEET

Product Name: Black Tea Lu

INCI Name: Camellia Sinensis

DEAS 28: 2024

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

Product Quality: Gatanga black teas is single-origin and produced with sustainable, ethical practices. The Black 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: Black tea is obtained from the green bush 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, Golden tips and yellow tea). 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:



GATANGA INDUSTRIES LTD

P.O BOX 1919, 01000- THIKA

Telephone: 0722 258 626

Email address: info@gatangaindustries.co.ke

- a) Heart and circulation **Reduce cardiovascular risk:** The flavonoids in black tea can help combat "bad" cholesterol and improve blood vessel function, which may lower the risk of stroke and heart attack.
- b) **Promotes good circulation:** Black tea contributes to better blood circulation and promotes good health for the heart muscle.
- c) Focus and alertness: **Improves concentration:** Black tea contains both caffeine and an amino acid called L-theanine, which together can help improve alertness, focus, and cognitive function.
- d) **Boosts energy:** The caffeine provides an energy boost, though it may be a gentler effect compared to other sources of caffeine.
- e) Digestive health: **Supports gut bacteria:** The polyphenols in black tea can promote the growth of good gut bacteria while keeping bad bacteria in check, leading to a healthier digestive system.
- f) Soothes **the stomach:** Compounds called tannins in black tea can help soothe an upset stomach and reduce irritation in the intestines.
- g) **Manages blood sugar:** Drinking black tea may help lower blood sugar levels, especially after meals.
- h) **Reduces risk of certain cancers:** Some research suggests that the polyphenols in black tea may help slow the development of certain cancers, though it is not a substitute for cancer treatment.
- i) **Strengthens immunity:** The antioxidants in black tea can help protect against cell damage and support a stronger immune response.

Usage: It can be consumed as a beverage, used in dietary supplements.

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.