

Preperation: Powdered green tea (sencha) is easier to prepare. It is ground fine and can be mixed with hot or cold water in a regular cup. Add one level scoop, scoop supplied in can.

Economical: It is also less expensive, note the large 75 cup size, that's approximately 13 cents a cup for Only 100% high quality organic sencha tea leaves.

All green teas come from the same *Camellia sinensis* plant. The differences are in the way they are grown and harvested.

Sencha

The most common green tea, about 75% of all teas harvested in Japan is sencha. Healthy, aromatic, and delicious. Despite its reputation as a "common" tea, sencha is highly sought for it's health and weight control properties.

Does green tea contain caffeine?

Yes, green tea does contain caffeine. Content varies by the amount of tea used and the length of time the leaves are infused. All things being equal here is a breakdown of the caffeine content of green tea:

Percentage of caffeine in the following beverages:

Coffee- 0.05%

Black tea- 0.05%

Gyokuro- 0.02%

Sencha- 0.015%

Hoji cha- 0.008%

Genmai cha- 0.008%

Green Tea has four important constituents that all work together, caffeine, tannin, essential oils and vitamins. Many people may be surprised to hear that caffeine can actually be beneficial when taken in tea as it works slightly differently from the caffeine in coffee. The good news is caffeine in tea can stimulate the circulation and metabolism via the central nervous system. As more oxygen is pumped to the brain, mental powers are heightened, reactions speed up and muscle function improves.

The tannin in the Green Tea works alongside the caffeine, having a relaxing and stabilising effect. This means the caffeine is absorbed more slowly and prevents that "caffeine shock" we all know too well from coffee.

Green tea contains L-theanine. L-theanine is a healthy amino acid that is only found in tea plants and certain mushrooms. L-theanine directly stimulates the production of alpha brain waves which promotes a state of relaxed awareness, it has a calming effect on the body without making one drowsy.