

Green tea is a tea that is not fermented like other teas, but rather, fresh tea leaves are heated quickly. to obtain tea leaves that are dried by heat Helps to inhibit the work of enzymes to prevent decomposition. This results in tea leaves that are dry but still fresh and have a greenish color.

The important substances found in green tea are amino acids, vitamin B, C, E, substances in the xanthine alkaloid group, namely caffeine and theophylline, which stimulate the functioning of the central nervous system. resulting in the body feeling rejuvenated and substances in the flavonoid group called catechins, i.e. gallocatechin gallate It is important in antioxidants.

There is a lot of research supporting that. Drinking green tea will help you lose weight. and help reduce cholesterol and blood lipid levels and blood sugar levels and also against the incidence of coronary heart disease If you consume high amounts of green tea for a long time Will adversely affect the liver by the liver is destroyed. Each day should not drink more than 10-12 cups because it can cause insomnia and constipation problems.

It is recommended to drink real green tea leaves rather than instant green tea by brewing 1-2 teaspoons of tea leaves in hot water, drinking 3 cups a day between meals. in order to benefit health and not adversely affect the body.

