

# Health Notes

- **Vitamins and Nutrients:** Including vitamin C, trace amounts of Vitamins B1, B2 and K, niacin, and folic acid.
- **Polyphenols:** The primary biological active ingredient of green tea which are powerful antioxidants (catechins). Antioxidants counteract free radicals in the body, which are purported to contribute to cancer. In addition, polyphenols have been shown to help increase the white blood cell count which fights infection.
- **Minerals:** Green tea is also a good source of magnesium and potassium.
- **Fifteen reasons to drink NISHIO Japanese Green Tea.**
  1. Helps lower the risk of cardiovascular disease.
  2. Published overseas test results indicate it may reduce the risk of cancer.
  3. Helps prevent the increase of cholesterol.
  4. Tests indicate it helps control high blood pressure.
  5. Helps in lowering blood sugar levels.
  6. Helps reduce body fat.
  7. Believed to slow the aging process.
  8. May help prevent food poisoning.
  9. Good for oral hygiene.
  10. Believed to help prevent infection.
  11. Indications are that it improves dental health and bone density.
  12. Helps fight against flu and other viral diseases.
  13. Natural diuretic.
  14. Helps you focus and stimulates your thinking.
  15. And best of all . . . it TASTES GREAT.

## Antioxidants - What exactly is an antioxidant?

Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged (as in Vitamin C), or seek out and scavenge free radicals (as in Vitamin E). This is where it can be noted that research has indicated that one of the main antioxidants found in green tea (epigallocatechin 3-gallate a.k.a. EGCG) has been found to be much more powerful than both Vitamins C and E. Compared to other known antioxidants, EGCG was found to be 100 times more effective than vitamin C, 25 times more effective than Vitamin E and twice as powerful as resveratrol at neutralising free radicals.



24 sachet x 1.5 gm

The most popular Green Tea in Japan, this elegant first grade NISHIO Sencha produces a fragrant, superior flavor with a little astringence. Sencha is a sweet tasting refreshing beverage with a very grassy aroma. NISHIO Sencha is dried with warm air and rolled into needle-shape pieces with a shiny and polished appearance.

### The Processing of NISHIO Sencha

- We collect the leaves from the Camelia Sinesis plant at the second harvest from May to August. Then a hot air drying process is used. Years ago, leaves were rolled into a needle-shapes by hand. Today, the leaves are cut into needle-shapes by cutting machines. A special separation of twig, stem and leaves is done during this process. After processing, the tea leaves are steamed at a maximum of 45 degrees C.



*Nishio Sencha*

*Nishio Houjicha*



24 sachet x 1.5 gm

This roasted Green Tea produces a unique toasty aroma. Using the best tea leaves and careful processing, NISHIO Houjicha has a mellow and nutty-earthy taste. The roasting process lowers its caffeine content and is a wonderful alternative to our more caffeine concentrated tea choices. It is an excellent tea at night-time for those who have low tolerance to caffeine.

### The production of NISHIO Houjicha

- NISHIO Houjicha is produced using tea leaves and twigs mixed with NISHIO Sencha in a higher temperature steaming process at a maximum of 60 degrees C.

