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The past decade has seen considerable interest and progress in unraveling the beneficial health effects of tea, particularly its polyphenolic components and its antioxidant activity. Understanding the science behind the claims will help in the production and marketing of teas and tea products. Pulling together recent research and presenting it in an organized format, **Tea and Tea Products** discusses the manufacturing and chemistry of various teas including green, black, Pu-erh, white, and GABA teas.

Emphasizing black and green teas equally, the book presents comprehensive and up-to-date reviews and perspectives on the chemistry of tea components and the molecular biology of green tea catechins and black tea theaflavins. It covers the analysis, formation mechanisms, and bioavailability of tea polyphenols and discusses bioactivities of teas including anticancer, anti-inflammatory, anti-obesity, and anti diabetes.

Increased awareness of the many health benefits of tea has fueled an increase in the market for ready to drink teas and tea products in general that will continue to grow. This expanding market requires a resource that provides the evidence. The editors of this volume have more than 100 research publications in tea, and experience in editing more than 50 books between them. Under their expertise and editorial guidance, the contributors present chapters that explore the science behind the health claims of teas.



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