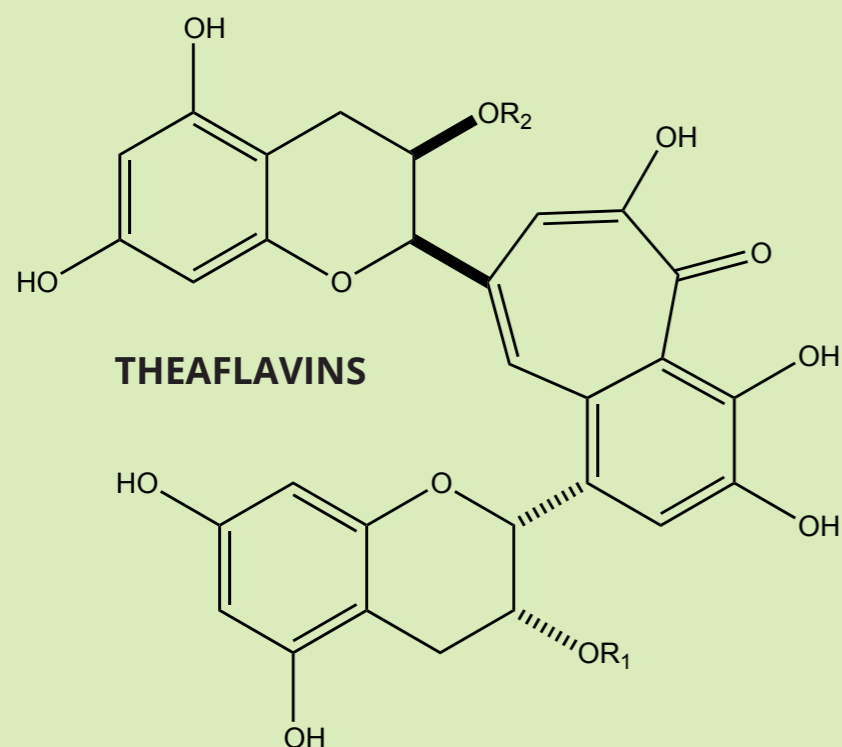


THE CHEMISTRY OF TEA

POLYPHENOLS IN TEA



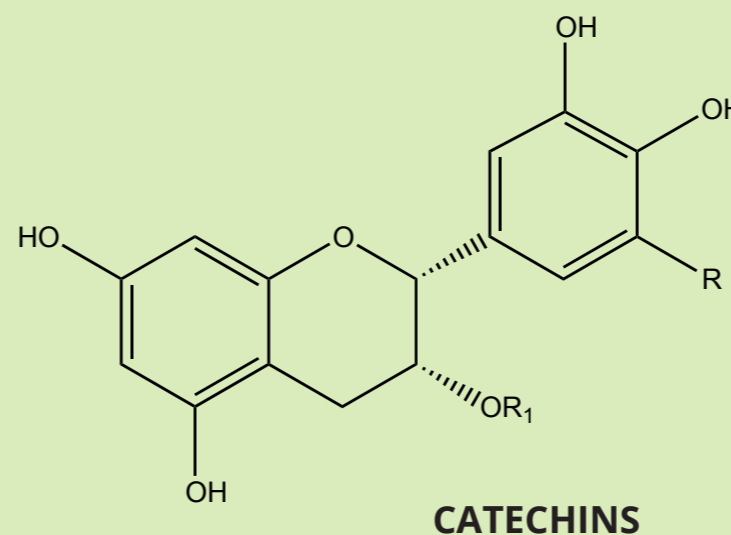
A strong cup of tea usually contains around 180-240mg of polyphenol compounds, Compounds called catechins are the building blocks of black tea polyphenols; they are oxidised to form theaflavins and thearubigens.

Theaflavins comprise 3-5% of black tea, and are responsible for its red-orange appearance.

'Thearubigens' is the term for a wide range of polyphenols whose structures remain largely unknown, but they are also thought to contribute to tea's colour & taste.



THE EFFECT OF MILK ON POLYPHENOLS



The compounds in tea derived from catechins can have antioxidant effects on the body - research has shown these could have beneficial effects on cardiovascular health.

It's suggested that the casein proteins in milk could bind to polyphenols and as a result prevent their antioxidant effects, but research on this subject remains conflicted.