



THE RAINBOW OF TEA

BY COLOR OF BREW

WHITE

Silver Needle

Slippery Elm

BROWN

Black Tea
Burdock
Cardamom
Chaga
Chicory Root

Dandelion
Earl Grey (Bergamot)
English Breakfast
Golden Tips
Hojicha

Irish Breakfast
Kidney Wood
Keemun
Kuromamecha
Lapsang Souchong

Marshmallow
Milima
Nimbu
Panyang Congou
Passionflower

Scottish Breakfast
Tie Luo Han
Tulsi
Wakuocha
Yerba Mate

RED

Ashwagandha
Assam

Avocado Leaf
Ceylon

Cinnamon
Hibiscus

Mamaki
Pu-erh

Rooibos
Rosehip

ORANGE

Calendula
Da Hong Pao
Darjeeling

Golden Yunnan
Honeybush
Jasmine

Oolong
Orange Peel
Red Clover

Rukeri
Shui Jin Gui
Thyme

Turmeric

YELLOW

Alishan
Alfalfa
Ancient Tree
Buckwheat
Chamomile
Chrysanthemum
Dancong
Da Yu Lin
Darjeeling White
Dong Ding

Dragon Well
Echinacea
Elderflower
Eucalyptus
Fennel
Fenugreek
Genmaicha
Ginger
Ginseng
Gong Mei

Guayusa
Iron Goddess
Jin Xuan
Jungjak
Kamairicha
Lemon
Lemon Balm
Lemongrass
Licorice
Linden

Li Shan
Longjing
Mi Lan Xiang
Maofeng
Nettle Leaf
Osmanthus
Peppermint
Pouchong
Red Raspberry
Ruan Zhi

Shui Xian
Sage
Shou Mei
Valerian Root
White Peony
White Tea
Willow Bark

GREEN

Anji Bai Cha
Bai Jiguan
Bancha
Bambo Leaf
Bi Luo Chun
Chimarrao

Chun Lu
Chun Mee
Daejak
Green Tea
Gunpowder
Gyokuro

Kabusecha
Konacha
Kukicha
Maojian
Matcha
Mecha

Olive Leaf
Parsley
Purslane
Sejak
Sencha
Shincha

Taiping Houkui
Tamaryokucha
Tencha
Ujeon

BLUE-PURPLE

Blueberry

Butterfly Pea Flower



TIPS TO MAXIMIZE THE HEALTH PROPERTIES OF TEA



CHOOSING A TEA:

- Teas may come from the tea plant, *Camellia sinensis*, or from a variety of herbs.
- Choose tea brands that use third party testing to identify possible contamination (e.g., heavy metals).
- Both bagged teas and loose leaf teas are healthy choices, and antioxidant capacity does not differ between the two.
- Loose leaf tea can continue to yield high antioxidant levels when re-steeped up to six times.
- Tea bags should use unbleached, plant-based material to avoid ingesting microplastics. Ideally, choose tea bags that are sewn or tied shut rather than stapled or heat-sealed.
- Avoid tea bags that are "pillow packs" or pyramid-shaped as they can be heat-sealed with plastic or wheat-based products.

ADDITIONS:

- Lemon juice contains flavonoids and vitamin C, which can increase the total polyphenol content of green tea.
- Citrus peels have more antioxidant capacity compared to other parts of the fruit and can be steeped in tea.
- Milk may increase the total antioxidant capacity of black tea when combined; however, milk added to green tea may decrease the overall antioxidant capacity.
- Honey is a health-promoting natural sweetener and may potentiate the antioxidants in tea.
- Fresh, organic spices and herbs, such as mint, lemon balm, sage, and rosemary, can be added to tea as a nutritious boost.

PREPARATION:

- Use stainless steel, glass, and ceramic products to prepare and serve tea. Use filtered water to reduce exposure to toxicants in tap water.
- Brewing teas between 80-100 degrees Celsius for 5-10 minutes will optimize the antioxidant content of the tea. Some research suggests 3 minutes is also sufficient.
- Catechin content of tea does not increase with brewing time; however, caffeine content does increase.
- Low brewing temperatures may reduce polyphenol content of tea.
- Long brewing times (>15 minutes) may increase aluminum levels in tea.
- Cold-brewed teas may have higher antioxidant activity compared to hot-brewed teas.
- Re-infuse loose-leaf teas up to 6 times.

CONTRAINDICATIONS:

- Caffeine is considered a stimulant and may be inappropriate for some health conditions, including, but not limited to, cardiovascular disease, liver issues, and anxiety.
- Pregnant individuals are advised to consume less than 200 mg caffeine daily, though recent research suggests that lower amounts can impact growth in children.
- Caffeine may slow the metabolism of several drugs including antidepressants, cardiovascular drugs, and antipsychotics.
- Those at risk for iron deficiency should consume tea one hour apart from iron-rich meals to improve iron absorption.
- Decaffeination methods vary, but solvent-based methods may pose a health risk.
- Many teas contain herbs that may be contraindicated with certain medications or health conditions.

CAFFEINE:

- Caffeine content increases with brewing time.
- Cold-brewed teas have lower caffeine levels.
- Caffeine content varies by tea. Choose products that state caffeine content and follow package directions if this is an important factor regarding health conditions or medications.

TEA STORAGE:

- Tea should be stored in a dark, cool, and dry space or container.
- Tea should be consumed within 90-120 days of purchase to maximize antioxidant activity, though variations exist.

This is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.