

Green Tea Benefits

From the Teas.co.uk wiki

Green tea benefits, in short: the solid ones are calm focus (L-theanine with caffeine) and a useful dose of antioxidant polyphenols. Population studies link regular green tea drinking with modest heart benefits. The "fat-burning" and "137x antioxidants" claims are overblown.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Green Tea Benefits. Canonical: <https://teas.co.uk/wiki/green-tea-benefits-the-science-backed-guide/>*

Last reviewed by the teas.co.uk team in May 2026.

Green tea deserves its healthy reputation, in moderation and without the magic. The clearest wins are L-theanine for calm focus and a genuine antioxidant content. The weight-loss and miracle claims do not hold up.

The solid benefits

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The solid benefits, Green Tea Benefits. Canonical: <https://teas.co.uk/wiki/green-tea-benefits-the-science-backed-guide/>*

- **Calm focus.** L-theanine paired with caffeine gives steady alertness with less jitter. See [tea for focus](#) and [Wikipedia: theanine](#).
- **Antioxidant polyphenols.** Green tea is rich in catechins such as EGCG. See [Wikipedia: green tea](#).
- **Heart associations.** Population studies link regular green tea drinking with modestly better cardiovascular outcomes. Associations, not proof, but reassuring.

The overblown claims

Green tea is not a meaningful fat-burner; any metabolic effect is tiny. And matcha is not "137 times" more antioxidant than anything useful, that figure is a myth. Enjoy green tea as a healthy drink, not a supplement.

FAQ

Is green tea the healthiest tea? It is a strong choice for antioxidants and L-theanine, but the best tea is the one you will drink.

Does green tea burn fat? No, not to any meaningful degree.

How much a day? A few cups is fine for most people; it does contain caffeine.

This is general information, not medical advice.

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Sources

- [Wikipedia: green tea](#)
- [Wikipedia: theanine](#)

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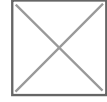
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