Green Tea Benefits

From the teas.co.uk wiki

> **Green tea benefits, in short:** the plain facts are that green tea carries L theanine alongside caffeine and a decent amount of polyphenols. Population studies link regular green tea drinking with modest heart benefits. The "fat burning" claim and the "137 times" claim are both overblown.

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 the L theanine and a good polyphenol content. The weight-loss and miracle claims do not hold up.

The solid benefits

- **Unhurried focus.** L theanine comes alongside the caffeine, which many people find gentler than coffee. 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" better than anything else, 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 polyphenols and L theanine, though the tea to drink is whichever one you actually keep making.

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.

FROM THE CURATOR

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Sources

- Wikipedia: green tea
- Wikipedia: theanine

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Shop the green tea range or matcha (free UK postage over £35).

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