

Green Tea and Caffeine

The caffeine in green tea, which can cause some people to experience unwelcome side effects like nervousness, heart palpitations, and insomnia, is the major negative to consuming this otherwise highly beneficial beverage. And some quality manufacturers of green tea supplements, aware of the problems many people have with caffeine, manufacture their green tea products with decaffeinated green tea extract. Caffeine: The green tea-black tea debate While green tea's caffeine content is less than that of coffee, it's still significant and produces unwanted side effects. Green tea contains approximately 40 milligrams for 8 ounces of steeped tea. Green tea is, however, also packed with antioxidants, including important antioxidant polyphenols. Studies of green tea have suggested that it may lower bad cholesterol, have a potential anti-cancer effect, boost one's immune system. Some lesser-known supplement manufacturers make decaffeinated green tea supplements, providing benefits of green tea without the unwanted side effects of caffeine. Green tea supplements offer a caffeine-free alternative to drinking green tea. You can, however, also find green tea as part of a comprehensive formula that not only contains green tea extract, but numerous other nutrients renowned for promoting optimal health. Word about this tea, with its powerful antioxidants, potential cancer fighting properties, and its possible cholesterol-reducing action, is getting around. We love, and try to consume, green tea every day. When we can't drink green tea, we take it in capsule form. Green tea is one of the most potent antioxidants available, and because of that, is very beneficial to our well-being

About the Author

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