

## **Frequently asked questions about tea**

### **Does tea contain caffeine?**

Every tea made from the *Camellia sinensis* plant contains caffeine, regardless of the type of tea. Herbal teas and fruit teas, which are actually infusions, do not contain caffeine. The quantity of caffeine in tea varies by type of tea, and so some green teas can have more, and others less. Caffeine in tea is called theine, though this is actually the same compound.

### **Can tea be reheated?**

Tea should never be reheated. If you prepare tea and then forget about it, it is better to put it in the fridge or add a cube of ice to it, to chill it completely. However, if your tea has been sitting for several hours, it is better just to pour it out and prepare a fresh batch, especially if this is green tea or white tea.

### **How many types of real tea are there?**

There are countless types of tea. Each falls within one of the six basic categories of tea (white, yellow, green, oolong, black, fermented), which again contain many subcategories, and each subcategory contains hundreds of types, depending on the place it is grown and the time of harvest, the production process, quality and form of leaves. In addition to the standards that need to be maintained during the production of known types, plantations often take the liberty of creating new tea blends.

### **Where is tea made?**

Tea is produced around the world. Tea, either in the form of herbal materials or teas from the plant *Camellia sinensis*, can be found on virtually all the continents.

### **Is tea good for health?**

Tea has been consumed for ages and has always been regarded as the safest beverage. Tea is the most popular beverage in the world because of its attractive aroma, exceptional taste, health promoting and pharmaceutical potential. Tea is the richest source of Antioxidants and contains polyphenols (specifically epigallocatechin gallate (EGCG), catechins, theaflavins, tannins, and flavonoids), these are known to have anti-inflammatory, analgesic, and anti-cancer health benefits.

**How many calories does a cup of tea have?**

Any tea which is consumed without milk and sugar is Zero calories. It is the healthiest beverage after water.

**What is blended tea?**

Blended tea means, that it more than two or three varieties of tea, these teas are blended carefully by blenders who have rich experience. Teas are selected from regions, grades, gardens so that there is consistency in the taste, colour, and quality.