

Health benefits of black tea

Kumar D. *, Rizvi SI.

Department of Biochemistry, University of Allahabad, Allahabad U. P. 211002, India

ABSTRACT

Tea is the most common beverage in the world. It is consumed mostly as green tea, oolong, or black tea. Depending on the manufacturing process, different varieties of tea can be produced. As tea is one of the most popular beverages, it could be a tremendously important source of polyphenolic constituents. Tea leaves are a source of polyphenols, especially catechins, which are known for their antioxidative activity. Various studies suggest that polyphenolic compounds present in black tea are associated with

beneficial effects in prevention of cardiovascular diseases. In addition, anti-aging, antidiabetic and many other health beneficial effects associated with tea consumption have been reported. The review highlights the potential of black tea, its health benefits in terms of antioxidative, antimutagenic and anticarcinogenic properties as well as protective agents against cardiovascular diseases.

Key words: Black tea, health, oxidative stress, polyphenols
