

Boost your immunity with green tea!



1

The antibacterial, bactericidal, and antiviral effects of tea

Catechin is abundant in tea and **has antibacterial, bactericidal, and antiviral effects**. It is recognized for its powerful bactericidal effects against pathogenic bacteria such as cholera, and various bacteria that cause food poisoning, such as E. coli O-157.

It also is renowned for its strong bactericidal effects against **'unfriendly bacteria' (bacteria that have a bad effect on our body)** in the human intestine.

Drinking tea may enhance the power of 'friendly bacteria' (bacteria that have a good effect on our body) in our intestines.



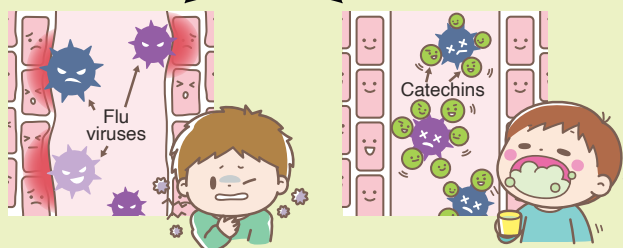
2

The flu-preventative effects of Catechin

Flu viruses infect people via sticking to cells in their throat. The catechins in green tea prevent such viruses from sticking, thus preventing infection.

How Catechin Prevents Flu

Throat mucus membranes



Gargling with tea is effective!

Flu viruses enter a person's system via the nose and throat and cause cold-like symptoms. Epigallocatechin gallate, a type of catechin, prevents the growth of these viruses even if only a very small amount is present. **This is why gargling with green is effective against such viruses in our nose and throat.** Simply wash your hands and gargle as soon as you return home from being outside. Gargling becomes less effective once the viruses have entered our body, **so making gargling a daily habit is important.**

3

Tea soothes our mind and body!

Intake of theanine in tea is known to amplify the brain waves which often appear when we are relaxed. Let's take a break and drink tea to help us relax!

