Tea and Heart Health

Research suggests drinking black or green tea as part of a healthy diet may help maintain heart health. There is strong scientific support showing that regular tea consumption helps to maintain cardiovascular health and in particular, helps to maintain vascular function (your circulatory system). The substances in tea behind this positive effect have yet to be fully demonstrated, but tea flavonoids are thought to most likely be responsible. Studies have shown drinking 3 cups per day of black or green tea helps to maintain healthy vascular function.

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What are tea flavonoids?

Whether iced or hot, teas made from real tea leaves provide more than great taste. Like fruits and vegetables, regular and decaffeinated brewed teas contain flavonoids. Flavonoids are dietary compounds that contribute to taste, colour and may offer health-related benefits. Scientific experts agree that a heart-healthy diet typically contains flavonoid-rich foods.

All teas – black, green, oolong, white – are naturally rich in flavonoids

While tea is a natural source of flavonoids, it is not a substitute for fruits or vegetables which provide a wide range of nutrients such as flavonoids and essential vitamins and minerals. Please consult your doctor regarding a dietary/nutritional plan that is right for you.