

1. Record Nr.	UNINA9910688356103321
Titolo	Recent Advances in the Health Benefits of Tea // edited by Christophe Hano, Samantha Drouet
Pubbl/distr/stampa	London : , : IntechOpen, , 2023 ©2023
Descrizione fisica	1 online resource (106 pages)
Disciplina	615.321
Soggetti	Materia medica, Vegetable
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Green Tea and Its Numerous Health Benefits -- 2. Green Tea as An Ingredient in Food Combinations Provide Metabolic Improvements -- 3. Considering the Antioxidant Properties of Tea to Improve Human Health -- 4. Green Tea with Its Active Compound EGCG for Acute Ischemic Stroke Treatment -- 5. Research Progress on the Health Benefits of Scented Tea -- 6. GABA-enriched Oolong Tea: Reducing Stress in a Student Cohort May Involve More than Just GABA.
Sommario/riassunto	Tea, leaf, or bud from the plant <i>Camellia sinensis</i> , make up some of the beverages popularly consumed in different parts of the world as green tea, oolong tea, or black tea. More particularly, as a nonfermented tea, green tea has gained more renown because of the significant health benefits assigned to its rich content in polyphenols. As a main constituent, green tea polyphenols were documented for their antioxidant, anti-inflammation, anticancer, anticardiovascular, antimicrobial, antihyperglycemic, and antiobesity properties. Recent reports demonstrate that green tea may exert a positive effect on the reduction of medical chronic conditions such as cardiovascular disease, cancer, Alzheimer's disease, Parkinson's disease, and diabetes. The health benefits of green teas, in particular EGCG, are widely investigated, and these effects are known to be primarily associated with the structure and compositions of its polyphenols. This Review focuses on the diverse constituents of green tea polyphenols and their molecular mechanisms from the perspective of their potential

therapeutic function. Recent advances of green tea polyphenols on their bioavailability, bioaccessibility, and microbiota were also summarized in this article. Dietary supplementation with green tea represents an attractive alternative toward promoting human health.
