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Altri autori (Persone)	PreedyVictor R
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. Tea, tea drinking and varieties -- pt. 2. Miscellaneous teas and tea types : non-camellia sinensis -- section 3. Manufacturing and processing -- section 4. Compositional and nutritional aspects -- section 5. General protective aspects of tea-related compounds -- section 6. Focused areas, specific tea compounds and effects on tissue and organ systems -- section 7. Behavior and brain -- section 8. Adverse effects of tea and tea-related products -- section 9. Comparison of tea and coffee in health and disease.
Sommario/riassunto	While there have been many claims of the benefits of teas through the years, and while there is nearly universal agreement that drinking tea can benefit health, there is still a concern over whether the lab-generated results are representative of real-life benefit, what the risk of toxicity might be, and what the effective-level thresholds are for various purposes. Clearly there are still questions about the efficacy and use of tea for health benefit. This book presents a comprehensive look at the compounds in black, green, and white teas, their reported benefits (or toxicity risks)