

Other Alternative Teas

Black, Green and Oolong Tea



Black, green and Oolong tea is the most consumed drink globally. Black, green and oolong teas originate from the *Camellia sinensis* plant and have all been associated with health benefits.

❑ **Black, Green tea and Oolong:**

Tea has flavonoids and antioxidants

reduces tooth decay & cavities

reduces kidney stones, increases bone density

