

Tea Comparison Chart

(*Camellia sinensis*)

Tea Type	WHITE	GREEN	OOLONG	BLACK	PU-ERH
Tea Leaves	100% buds	1 bud + 2 of the youngest top leaves	1 bud + 2 of the youngest top leaves	1 bud + 2 of the youngest top leaves	1 bud + 2 of the youngest top leaves and MUST come from Yunnan Province, China
Processing & Fermentation	Least processed	Slightly processed Not fermented	Semi-fermented	Fully fermented	Fermentation continues even during storage. The more aged, the better.
Ease on the Stomach	May cause irritation on sensitive stomach	May sometimes cause irritation on sensitive stomach	Easy on the stomach	Very Easy on the stomach	Very Easy on the stomach
Aroma	Essential oils in the tea responsible for its taste and fragrance	50	500	500	500
Taste	Light		Strong	Strong, Full-bodied	Strong, Earthy
Caffeine Content mg per serving	~25 mg	~30 mg	~45 mg	~90 mg	~100 mg
Anti-Oxidant Power	High	High	Medium	Low	Low