

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					
Taste	 Light		 Strong	 Strong, Full-bodied	 Strong, Earthy
Caffeine Content					
Anti-Oxidant Power					