

# Tea Comparison Chart

(*Camellia sinensis*)

## 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

## Tea Type



W



G



O



B



PE

## Taste



## Caffeine Content



mg per serving



## Aroma



Essential oils in the  
tea responsible for its  
taste and fragrance



## Ease on the Stomach

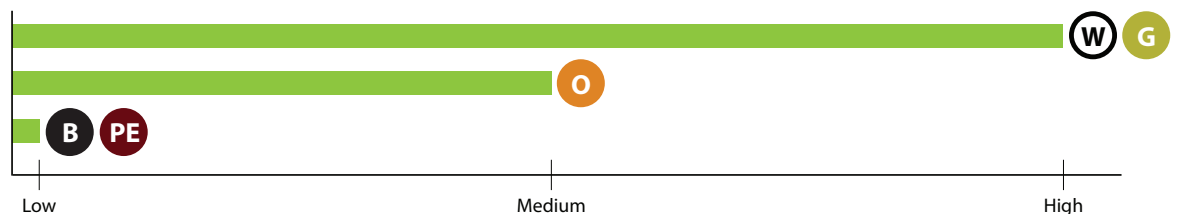


Tea Type	W	G	O	B	PE
Stomach Ease	May cause irritation on sensitive stomach	May sometimes cause irritation on sensitive stomach	Easy on the stomach	Very Easy on the stomach	Very Easy on the stomach

## Vitamin C and Polyphenols Content



Anti-Oxidants



## Processing & Fermentation

Tea Type	W	G	O	B	PE
Processing	Least processed	Slightly processed Not fermented	Semi-fermented	Fully fermented	Fermentation continues even during storage. The more aged, the better.