

# 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 <b>irritation</b> on sensitive stomach	May sometimes cause <b>irritation</b> on sensitive stomach	<b>Easy</b> on the stomach	<b>Very Easy</b> on the stomach	<b>Very Easy</b> on the stomach
Aroma	 Essential oils in the tea responsible for its taste and fragrance	 50		 500	
Taste	 Light		 Strong	 Strong, Full-bodied	 Strong, Earthy
Caffeine Content	 mg per serving				
Anti-Oxidant Power	 W G		 B PE		