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21 Rabiul Awwal 1443 – 28 October 2021

# THE HEALTH BENEFITS OF GREEN TEA

## MEGA—POTENT ANTI—OXIDANT HEALTH OPTIMISING ANTI-AGING

Uncontrolled excessive free radicals are the common denominator in both ageing and disease, but since legal definitions are both ambiguous and arbitrary, and we have been specifically prohibited in this forum from elaborating further in motivation of our enthusiastic subheading, suffice it to say that should the complex of active principles in green tea as have been recently discovered or synthesised and hence patentable, it would have been hailed undisputedly as the safest and most efficacious broad-spectrum wonder-drug ever discovered and (would have been) consequently restricted only to the elite and affluent, since the medical industry not only profits from **existing disease, it also depends upon the proliferation of disease itself for its very own existence and 'corporate expansion.**

### Benefits of Mild Natural-Plant Based Caffeine:

Our organically grown green tea has a comforting, refreshing and exhilarating effect due to a very small percentage of 'naturally occurring' plant-based caffeine (approx. 0.5mg per 100g) present in green tea, it is still significantly less than caffeine found in black tea (due to the tannins) and far less than in coffee. Without any health hazards or swinging nervous system impact, green tea represents a healthy tea or coffee substitute.

Drinking green tea ensures a milder caffeine effect which contrary to common expectation, constitutes a distinct advantage over "caffeine free" beverages as natural caffeine enhances the body's circulation and utilizes the brew's healthful constituents. Decaffeinated green tea actually loses some of its considerable anti-cancer potential, presumably for these very reasons.

Relatively high levels of nutrients in quality green tea include organic forms of the vitamins A, C, E & k, beta-carotene, biotin, niacin, riboflavin, pantothenic acid and in particular folic acid; the minerals: calcium, magnesium, manganese, phosphorus, potassium, zinc and in particular fluoride and germanium; plus polyphenols, including the antioxidant flavonols (catechins) and bioflavonoids, including kaempferol, rutin and quercetin and with biological activity superior to that of pycnogenol (pine) or grapeseed proanthocyanidins, since the tea forms are preformed anthocyanadins, much as vitamin A is preformed, whereas beta-carotene (provitamin A) still has to be converted, both often unsuccessfully. The rare immuno—modulating mineral, organic germanium is 8 times more concentrated in green tea than in garlic, otherwise considered to be a good source.

*For additional information, please visit our website: [www.gaiiaorganics.co.za](http://www.gaiiaorganics.co.za)*