

# Boost your immunity with green tea!



1

## The antibacterial, bactericidal, and antiviral effects of tea

Catechin is abundant in tea and **has antibacterial, bactericidal, and antiviral effects**. It is recognized for its powerful bactericidal effects against pathogenic bacteria such as cholera, and various bacteria that cause food poisoning, such as E. coli O-157.

It also is renowned for its strong bactericidal effects against **'unfriendly bacteria' (bacteria that have a bad effect on our body)** in the human intestine.

Drinking tea may enhance the power of **'friendly bacteria'** (bacteria that have a good effect on our body) in our intestines.



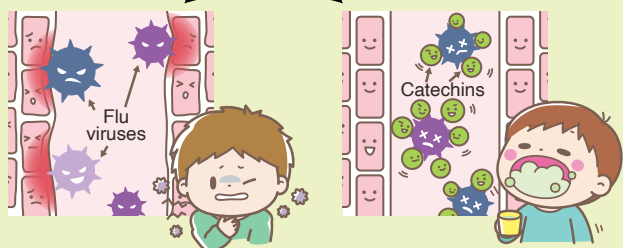
2

## The flu-preventative effects of Catechin

Flu viruses infect people via sticking to cells in their throat. The catechins in green tea prevent such viruses from sticking, thus preventing infection.

### How Catechin Prevents Flu

Throat mucus membranes



### Gargling with tea is effective!

Flu viruses enter a person's system via the nose and throat and cause cold-like symptoms. Epigallocatechin gallate, a type of catechin, prevents the growth of these viruses even if only a very small amount is present. **This is why gargling with green is effective against such viruses in our nose and throat.** Simply wash your hands and gargle as soon as you return home from being outside. Gargling becomes less effective once the viruses have entered our body, **so making gargling a daily habit is important.**

3

## Tea soothes our mind and body!

Intake of theanine in tea is known to amplify the brain waves which often appear when we are relaxed. Let's take a break and drink tea to help us relax!

