

Love Your Heart with Lipton

TEA can help you make the most of every day.

It gives you the uplift you need to
stay focused and embrace whatever comes your way.

BLACK AND GREEN TEA can help support a **HEALTHY HEART**

A daily consumption of between 200-500mg flavonoids can help **maintain a healthy heart** as part of a diet consistent with dietary guidelines.

TEA keeps you **HYDRATED**

The first ingredient in tea is water, which is needed by your body to run at its best.

Tea is **99.5% water** making it just as hydrating and refreshing as water.^{1,2}



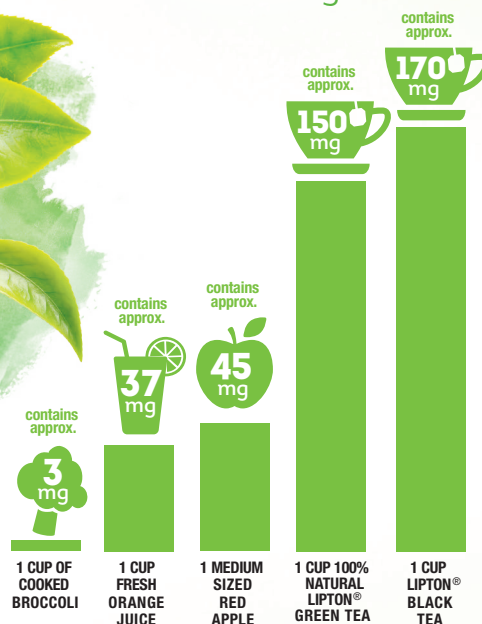
Unsweetened GREEN AND BLACK TEA contain **ZERO CALORIES**



Choosing beverages with **no added sugars** in place of sugar-sweetened beverages can contribute to a healthy diet consistent with dietary guidelines.⁶

Tea can be a **major contributor of FLAVONOIDS** in the diet.

Flavonoids are found in tea, wine, cocoa, fruit and vegetables.^{3,4}



GREEN AND BLACK TEA contain **LESS CAFFEINE** than coffee.*

THEANINE is an amino acid **almost unique to tea.**

*Green tea has 28mg of caffeine per cup and black tea has 47mg per cup. Brewed coffee has 95 mg per cup.⁷



¹ Ruxton CH and Hart VA. Black tea is not significantly different from water in the maintenance of normal hydration in human subjects: results from a randomized controlled trial. Br J Nutr. 106(4): 588-95, 2011.

² Ruxton CH, Phillips F and Bond T. Is Tea a healthy source of hydration? Br Nutrition Foundation. Nutrition Bulletin, 40, 166-176.

³ Tea Association of the U.S.A. Inc. Tea Fact Sheet 2015. Available at <http://www.teausa.com/14655/tea-fact-sheet>. Accessed September 20, 2016.

⁴ Wang Y, Chung SJ, Song WO, Chun OK. Estimation of Daily Proanthocyanidin Intake and Major Food Sources in the U.S. Diet. J Nutr; 141: 447-452, 2011.

⁵ US Department of Agriculture Database for the Flavonoid Content of Selected Foods Release 3.2. September 2015, slightly revised November 2015.

⁶ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

⁷ US Department of Agriculture National Nutrient Database for Standard Reference Release 28, released September 2015, slightly revised May 2016.

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