

Tea (*Camellia sinensis*) is native to the southern regions of China and parts of India, Laos, Thailand, Vietnam, and Myanmar [1]. Green tea refers to non-fermented tea, in which the oxidation of the tea polyphenols, called catechins, is prevented by quickly heating the leaves after harvest to inactivate the main oxidising enzyme, polyphenol oxidase (PPO), and thus, most of the catechins are preserved during the processing. As catechins can donate hydrogens from the hydroxyl groups in their structure, they have been found to have excellent antioxidant activities, expressed through their free radical scavenging ability being more powerful than vitamin C, vitamin E, or  $\beta$ -carotene [5–7]. In these teas, aerobic oxidation of the tea leaf polyphenolics is allowed to occur and the catechins are enzymatically catalysed to form thea flavins and thearubigins. In addition, green tea and its catechins have been linked with reductions in cardiovascular disease, dental decay, obesity, diabetes, and an improvement in the immune system. The recent in vivo and epidemiology studies have linked the green tea catechins with the prevention of some skin and liver cancers [8–11]. They have also been shown to chelate transition [metal ions, modulate oxidant and antioxidant enzymes, and affect gene expression [5