

# Decafienated GREEN TEA

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[bcarvings](#) 259 posts since

Mar 13, 2005

Hi,

I heard that there are two ways to decafienate green tea, and that one way removes 70% of the antioxidants. Does anyone know if the loose decafienated green tea at wegman's is decafienated in the way that retains 95% of the antioxidants.

Also is there a website I can buy decafientated green tea from? Also what are the two types of decafination called, and I want decafienated green tea that sells it with 95% if its antioxidants.

I heard green tea improves your endurance up to 24% if you consume 4-6 cups throughout the day. So that is why I am asking about green tea...

Thanks again



[merigayle](#) 1,572 posts since

Aug 15, 2007 1. **Re: Decafienated GREEN TEA** May 23, 2006 6:30 PM

quote:

Originally posted by bcarvings:

**I heard green tea improves your endurance up to 24% if you consume 4-6 cups throughout the day. So that is why I am asking about green tea...  
Thanks again**

I am assuming this is referring to caffinated green tea.



[bcarvings](#) 259 posts since

Mar 13, 2005 2. **Re: Decafienated GREEN TEA** May 24, 2006 7:00 AM

quote:

Originally posted by merigayle:

**I am assuming this is referring to caffinated green tea.**

Yes, but not limited to caffinated green tea. As long as the antioxidants are entacted in the tea leaves, then you will get the endurance benefit.



[merigayle](#) 1,572 posts since

Aug 15, 2007 3. **Re: Decafienated GREEN TEA** May 24, 2006 8:35 AM

quote:

Originally posted by bcarvings:

**Yes, but not limited to caffinated green tea. As long as the antioxidants are entacted in the tea leaves, then you will get the endurance benefit.**

Do you have a link to the article? I believe a lot of the benefits, like metabolism and endurance are linked a lot to the caffienne as well.



[Deb117](#) 18 posts since

Dec 14, 2007 4. **Re: Decafienated GREEN TEA** May 24, 2006 1:52 PM

Have you tried white tea? It's less processed then black and green tea, is higher in antioxidants, and is almost caffeine free. I can easily drink several cups within an hour before going to sleep and not have any problems.

Rooibos is also supposed to be high in antioxidants and is entirely caffeine free; it's made into an herbal tea.

Decafienated GREEN TEA

Wikipedia[URL" target="\_blank"> has a list of foods which are high in antioxidants. Not a scientific source, I know, but generally pretty accurate and I don't have the time right now to track down anything else.

I've heard that caffeine alone can improve endurance/performance, so I would agree with merigayle that some of the benefits are linked to caffeine, though perhaps they are due to antioxidants as well?

Also, if you steep tea for 30 seconds then toss the water and start again, it will be largely decaf -- the caffeine is released at the start of the steeping.



[bcarvings](#) 259 posts since

Mar 13, 2005 5. Re: **Decafienated GREEN TEA** May 24, 2006 3:52 PM

quote:

Originally posted by merigayle:

**Do you have a link to the article? I believe a lot of the benefits, like metabolism and endurance are linked a lot to the caffienne as well.**

Yes I do have a link. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=146/> URL" target="\_blank">

Also when you get to the part about endurance you will see that the increase of endurance is strickly due to green tea's catechins, not the caffiene. However I never heard caffiene increasing endurance. Is it proven to improve endurance? Also to receive the endurance benefit from caffiene do I drink it immediatley before exercise?



[merigayle](#) 1,572 posts since

Aug 15, 2007 6. Re: **Decafienated GREEN TEA** May 24, 2006 4:31 PM

I will look at the article later this afternoon. Caffienne is used in all the ultras i have been to. Mostly in the form of Coke or Mountain Dew.

I drink caffienated green tea up until 2pm, then switch to decaf if i want more tea or herbal tea. But because i like it. Have never seen a change in metabolism or endurance.