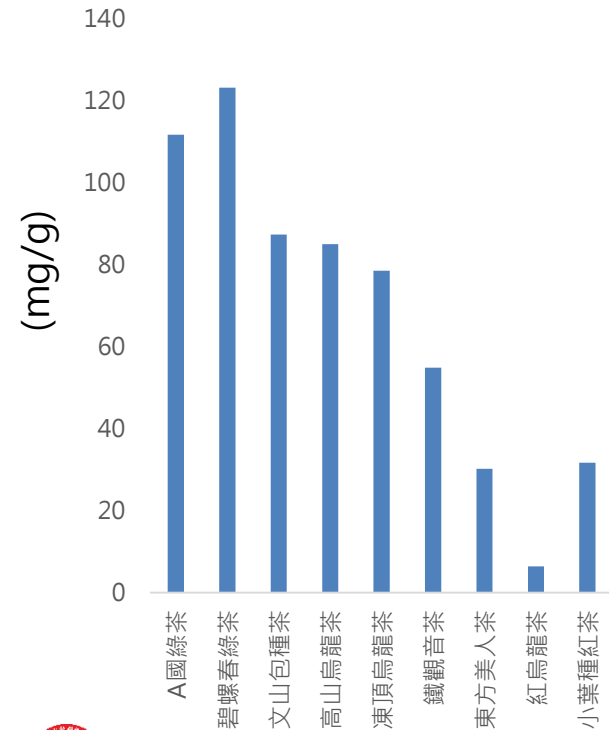


各茶類不同的茶多酚類：兒茶素、烏龍茶質、茶黃質

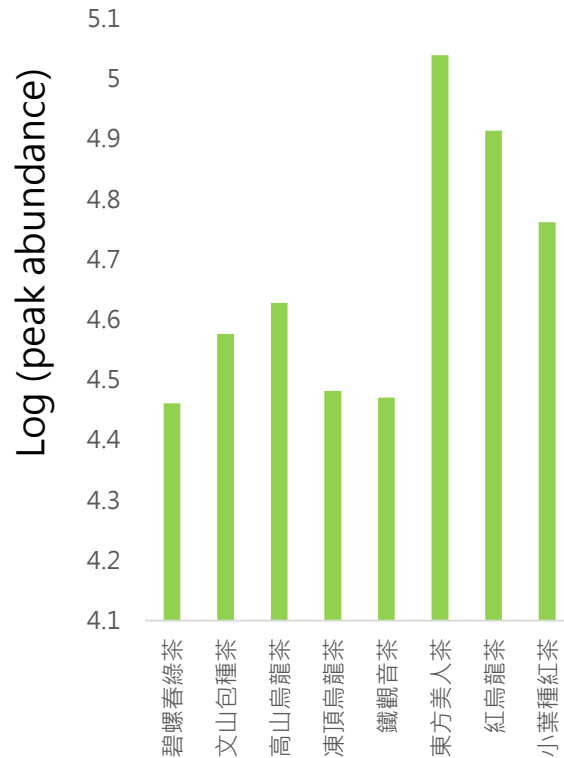
茶葉隨著發酵程度不同，茶多酚類會轉變成不同的形態

- 各茶類擁有較多的**兒茶素**：碧螺春綠茶、文山包種茶、高山烏龍茶
- 各茶類擁有較多的**烏龍茶質**：東方美人茶、紅烏龍茶、小葉種紅茶
- 各茶類擁有較多的**茶黃質**：東方美人茶、小葉種紅茶、紅烏龍茶

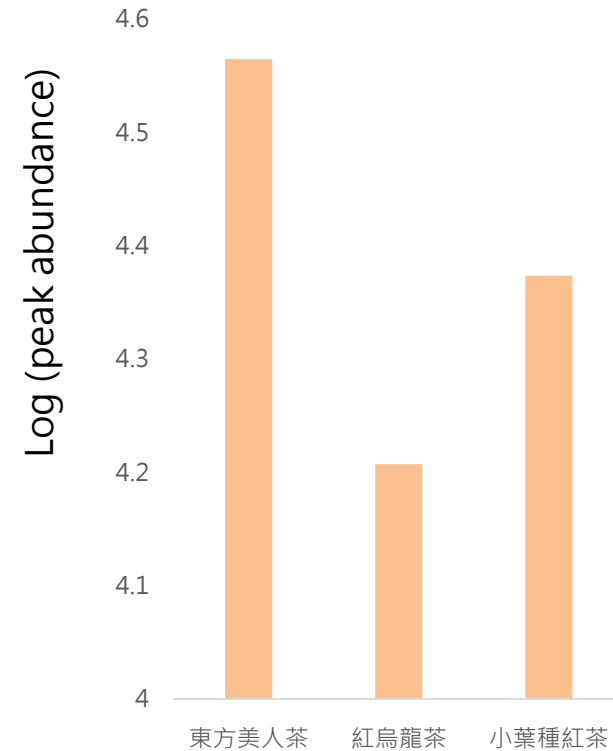
總兒茶素



總烏龍茶質



總茶黃質

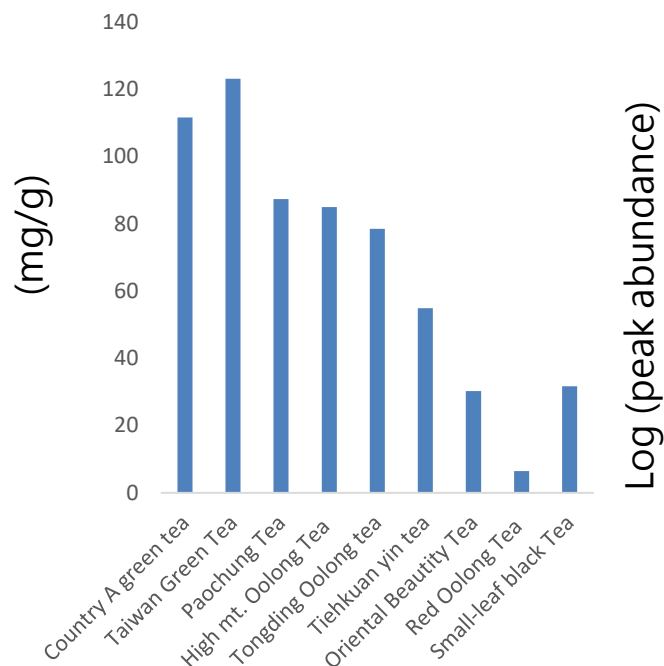


Different Polyphenol Forms in Various Types of Tea: Catechins, Theasinensins, Theaflavins

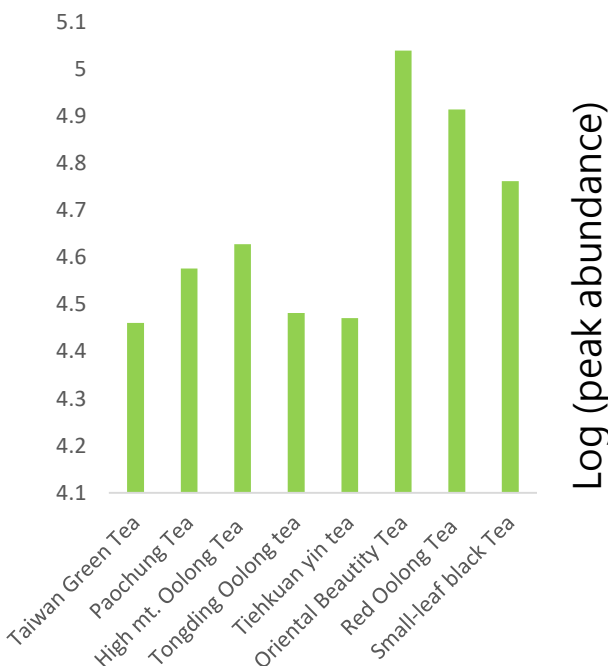
As tea undergoes different degrees of fermentation, tea polyphenols are transformed into different forms.

- Teas have higher concentration of **catechins**: Biluochun Green Tea, Wenshan Paochung Tea, High Mountain Oolong Tea
- Teas have higher concentration of **theasinensins**: Oriental Beauty Tea, Red Oolong Tea, Small-leaf Black Tea
- Teas have higher concentration of **theaflavins**: Oriental Beauty Tea, Small-leaf Black Tea, Red Oolong Tea

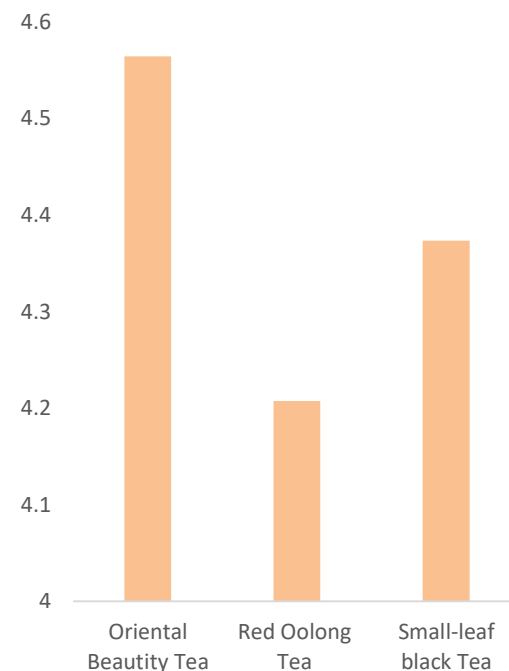
Total Catechins



Total Theasinensins



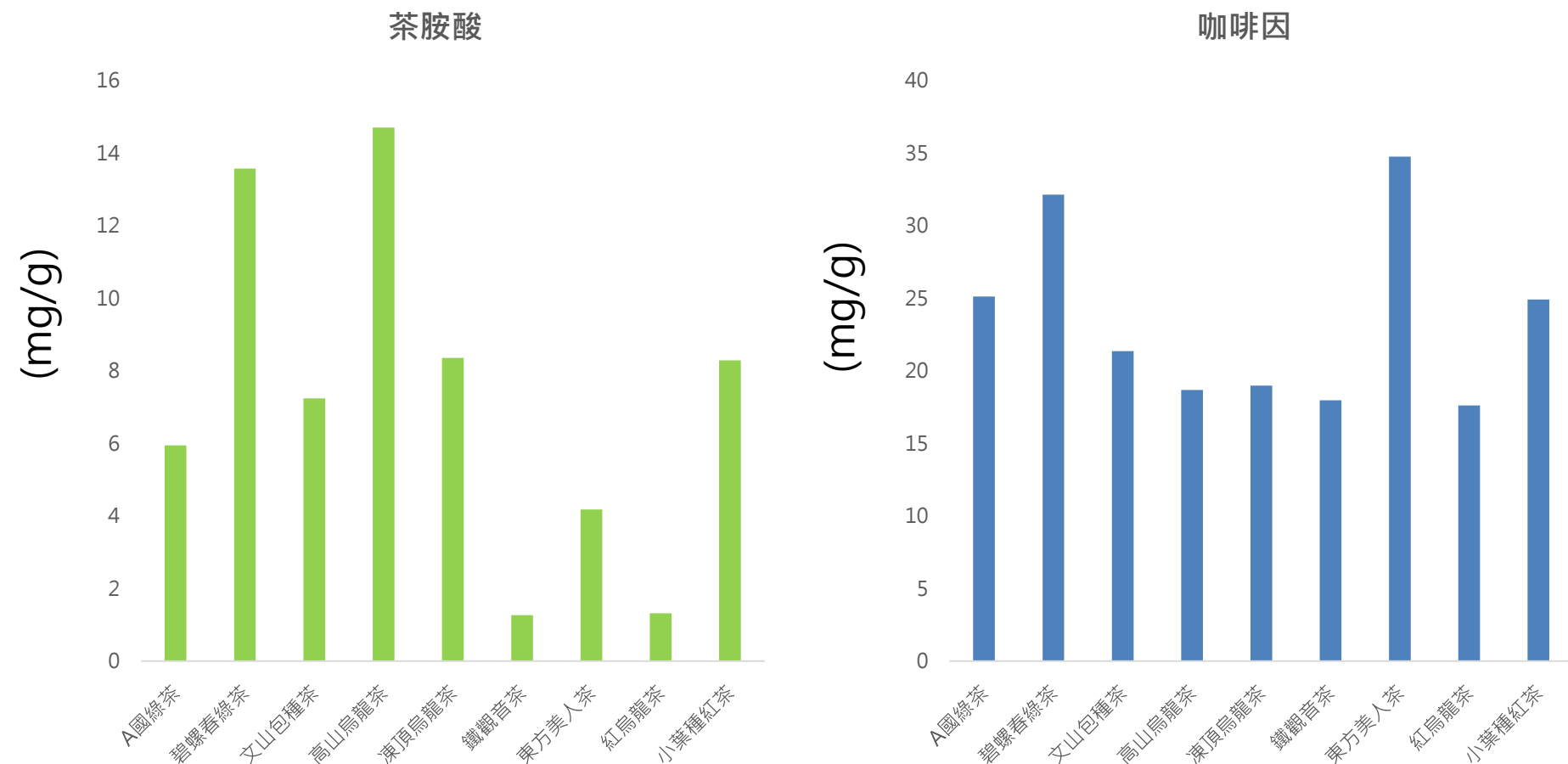
Total Theaflavins



各茶類的茶胺酸與咖啡因

茶胺酸與咖啡因的各種組合可以有不同的效果！

- 各茶類擁有較多的茶胺酸及較多的咖啡因：碧螺春綠茶
- 各茶類擁有較多的茶胺酸及較少的咖啡因：高山烏龍茶



Theanine and Caffeine in Different Types of Tea

Different combinations of theanine and caffeine can lead to different effects!

-Teas high in both **theanine** and **caffeine**: Biluochun Green Tea

-Teas high in theanine but lower in **caffeine**: High Mountain Oolong Tea

