Contents

Foreword John H. Weisburger Preface Acknowledgments		iii ix xiii
1.	Introduction to the History of Tea	1
2.	Biosynthesis of Tea Catechins	11
3	Fermentation of Tea	16
4.	Methods of Extracting Polyphenolic Constituents of Tea Leaves	22
5.	Antioxidative Action of Tea Polyphenols	26
6.	Radical Scavenging Action	41

xvi		Contents
7.	Antibacterial Action	48
8.	Methicillin-Resistant Staphylococcus aureus	57
9.	Anticariogenic Action	68
10.	Antiviral Action of Tea Polyphenols	78
11.	Prevention of Cancer by Tea Polyphenols	91
12.	Lipid Lowering Effects	
13.	Hypoglycemic Action of Tea Polyphenols	
14	Hypotensive Action of Tea Polyphenols	
15	Effects on Intestinal Flora	
16.	The Fate of Tea Catechins After Oral Intake	
17	Efficacy of the Health Benefits of Black Tea or Black Tea Polyphenols	
18.	Toxicology	
19.	Practical and Industrial Applications	
20.	Tea in Japan	

Index