Lipton

TOP 5 REASONS
To Drink
Unsweetened Tea

1. FLAVONOIDS

Flavonoids are special substances (also called bioactives) naturally found in tea that can **help support health.**

FLAVONOID BIOACTIVES

99.5% WATER

2.HYDRATION

Tea is 99.5% water, making it **just as hydrating & refreshing as water.***

3. ZERO CALORIES

Unsweetened Green and Black Tea **contain Zero calories** when consumed without milk or sugar.

ZERO CALORIES

4.0G ADDED SUGARS

0G ADDED SUGARS

Choosing beverages with **no added sugars in place of** sugar-sweetened beverages can contribute to a healthy diet consistent with the Dietary Guidelines for Americans.*

5.LESS CAFFEINE

Green and Black tea contain **less caffeine** than coffee. Green tea has 28mg of caffeine per cup and black tea has 48mg per cup while brewed coffee has 96 mg per cup.*

LESS CAFFEINE

*For more information including the scientific citations please visit
https://www.lipton.com/us/en/love-your-heart/

TWO CUPS TO GOODNESS WITH LIPTON

Healthy habits start small and can be simple.
By drinking 2 cups of Lipton Green Tea every day, you can help support your health.

What Are They?

Flavonoids are special substances (also known as bioactives) found naturally in tea that can help support blood circulation essential for heart health.*

How Much Do I Need?

Scientific experts recommend daily consumption **of 400 to 600 mg of flavan-3-ols (a sub-group of flavonoids) to support heart health.***

Where Can I Find Flavonoids?

Tea is one of the top sources of flavonoids in the diet, however they can also be found in a variety of fruits and vegetables as seen below.

Flavonoid Content of Selected Foods

		AMOUNT	FLAVONOID CONTENT (mg)[†]
	Lipton Green Tea	1 cup	100 mg [‡]
	Raspberries	1 cup	83 mg
	Strawberries	1 cup	50 mg
	Apple	1 medium	49 mg
	Orange Juice	1 cup	36 mg
	Kale, raw	1 cup	23 mg
	Green Pepper, raw	1 cup	10 mg
	Pomegranate Juice, bottled	1 cup	10 mg
	Onion, red, raw	1 slice	8 mg
	Broccoli, cooked	1 cup	3 mg

† USDA Database for the Flavonoid Content of Selected Foods Release 3.3 https://www.ars.usda.gov/ARSUserFiles/80400535/Data/Flav/Flav3.3.pdf
‡ Per Laboratory Analysis

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