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Make Life Better

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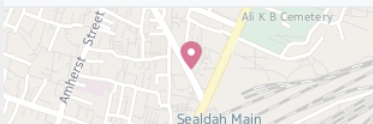


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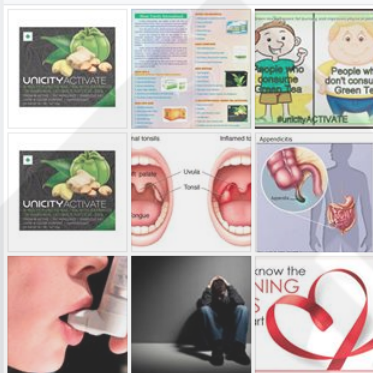
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April 5, 2015 ·

Whether hot, iced, or with honey, brewed green tea is chockfull of health benefits. (One exception: Avoid bottled green tea, which is often filled with added sugar.) Made from leaves of the Camellia sinensis plant, green tea has a high concentration of powerful antioxidants called polyphenols and tea flavonoids known as catechins. These antioxidants help combat free radicals — substances that can alter and even kill cells in your body, causing premature aging, cancer, and other diseases — by neutralizing them. And fighting free radicals with green tea can have all kinds of benefits:

Here are 10 scientifically supported reasons to add green tea to your diet.

1. Green Tea Contains Various Bioactive Compounds That Can Improve Health ----- Green tea is loaded with bioactive compounds that can have various beneficial effects on health.
2. Compounds in Green Tea Can Improve Brain Function and Make You Smarter ----- Green tea contains less caffeine than coffee, but enough to produce an effect. It also contains the amino acid L-theanine, which can work synergistically with caffeine to improve brain function.
3. Green Tea Increases Fat Burning and Improves Physical Performance ----- Green tea has been shown to boost the metabolic rate and increase fat burning in the short term, although not all studies agree.
4. Antioxidants in Green Tea May Lower Your Risk of Various Types of Cancer ----- Green tea has powerful antioxidants that may protect against cancer. Multiple studies show that green tea drinkers have a lower risk of various types of cancer.
5. Green Tea May Protect Your Brain in Old Age, Lowering Your Risk of Alzheimer's and Parkinson's ----- The bioactive compounds in green tea can have various protective effects on neurons and may reduce the risk of both Alzheimer's and Parkinson's, the two most common neurodegenerative disorders.
6. Green Tea Can Kill Bacteria, Which Improves Dental Health and Lowers Your Risk of Infection ----- The catechins in green tea may inhibit the growth of bacteria and some viruses. This can lower the risk of infections and lead to improvements in dental health, a lower risk of caries and reduced bad breath.
7. Green Tea May Lower Your Risk of Type II Diabetes ----- Some controlled trials show that green tea can cause mild reductions in blood sugar levels. It may also lower the risk of developing type II diabetes in the long term.
8. Green Tea May Reduce Your Risk of Cardiovascular Disease ----- Green tea has been shown to lower total and LDL cholesterol, as well as protect the LDL particles from oxidation. Observational studies show that green tea drinkers have a lower risk of cardiovascular disease.
9. Green Tea Can Help You Lose Weight and Lower Your Risk of Becoming Obese ----- Some studies show that green tea leads to increased weight loss. It is particularly effective at reducing the dangerous abdominal fat.
10. Green Tea May Decrease Your Risk of Dying and Help You Live Longer ----- Of course, we all have to die eventually. That is inevitable. However, given that green tea drinkers are at a lower risk of cardiovascular disease and cancer, it makes sense that it could help you live longer.

So, after reading all these facts you must be thinking of trying out green tea, right? Well, let us suggest you something for green tea. Unicity ACTIVATE is one such drink that does all of these in an extremely effective manner. Combining ancient herbal wisdom with modern-day ingenuity, Unicity India in collaboration with Unicity USA has carefully formulated Unicity ACTIVATE.

We offer high quality product to serve you. We want our customers to relive an amalgamation of diversity in each and every sip of Unicity ACTIVATE to make your green tea experience, the best ever!!!

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