

Benefits Of JASMINE TEA

During Pregnancy



Provides antioxidant properties



Quells gastrointestinal issues



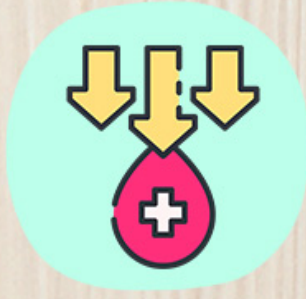
Attenuates depressive and anxiety symptoms



Reduces esophageal tumors



Relieves headaches and drowsiness



Regulates blood sugar and cholesterol



Relieves aches and pains



Contains antibacterial properties

References:

1. Inhibitory effect of jasmine green tea epicatechin isomers on LDL-oxidation; Agris (FAO)
2. Jasmine Tea Attenuates Chronic Unpredictable Mild Stress-Induced Depressive-like Behavior in Rats via the Gut-Brain Axis; NCBI
3. The effects of Chinese tea on the occurrence of esophageal tumors induced by N-nitrosomethylbenzylamine in rats; NCBI
4. Tea in China; University of Delaware
5. Benefits of Jasmine Tea; New Health Advisor