

The Natural Composition of Yaupon Tea

Yaupon Tea is naturally caffeinated! The caffeine is found in the leaves, which act as the plant's defense system - a natural deterrent to bugs and animals. The caffeine levels can vary with different nitrogen levels in the soil, but generally, there are 40 mg of caffeine per 8-ounce cup. This is roughly equivalent to the caffeine levels in a cup of green tea and about a third of the amount found in coffee. Yaupon Tea is an antioxidant superfood. Antioxidants help protect cells from oxidative stress and free radicals, which can cause cell damage. Yaupon also contains polyphenols, an antioxidant that can help reduce inflammation. This may help with chronic conditions such as heart disease, cancer, and diabetes.

Tannin – what is it? Tannins are an antioxidant that produces bitterness, may affect iron absorption, and can cause nausea. Tannins are found in other teas, red wine, and other foods. Guess what? Yaupon Holly does not have tannin. The benefit of Yaupon Holly tea is that it can not be over steeped in time or temperature. It will never go bitter and tastes great without sugar!

Yaupon Tea also has theobromine, a stimulant that may improve focus and brain function. It is also the chemical in dark chocolate that makes you feel good. So, what's not to like?