

Swallowing Green Tea Leaves

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2005-12/msg00391.html>

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 - *Date:* Sat, 17 Dec 2005 14:30:27 -0800
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Is there any known toxicity in swallowing green tea leaves (as opposed to just drinking green tea filtered by a tea bag)? I know green tea is thought to have many desirable chemicals, but would there be any sense in swallowing the tea as well as the leaves, to increase absorption of those chemicals? With coffee, I know that many of the oils on the beans are toxic, and that one of the main reasons to filter coffee is to minimize infiltration of those oils into the drink. I guess in theory there could be a similar problem with swallowing tea leaves, but if anyone has seen research on this I would appreciate a pointer.

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Will

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- *Follow-Ups:*
 - ◆ ***Re: Swallowing Green Tea Leaves***
◇ *From:* MMu
 - ◆ ***Re: Swallowing Green Tea Leaves***
◇ *From:* nospam
 - ◆ ***Re: Swallowing Green Tea Leaves***
◇ *From:* OmManiPadmeOmelet
 - ◆ ***Re: Swallowing Green Tea Leaves***
◇ *From:* outsor
 - Prev by Date: ***Re: Supplements at bedtime***
 - Next by Date: ***Re: Very low fat versus very low carb diets***
 - Previous by thread: ***Cow Milk Kills Four***
 - Next by thread: ***Re: Swallowing Green Tea Leaves***
 - Index(es):
 - ◆ ***Date***
 - ◆ ***Thread***