



WU long tea VS Green Tea

How do the Wu Long Tea and Green Tea work for weight loss,difference, which is better?



Dried leaves of Green Tea



Dried leaves of Wu Long Tea

Place of Origin

China,japan,India, Vietnam,etc.
The best Green Teas come from China ,Japan

Fujian,Guangdong ,Taiwan in China
The best WuLong Teas come from Mt wu yi,Fujian, China

Herb?

✓ 100% Natural

✓ 100% Natural

The History

More than **4,000** years.

More than **1,000** years.

Processing

Unfermented

Semi-fermented

components

Caffeine	☆☆☆
Tannin	☆☆☆☆
Catechin	☆☆☆☆
Polyphenol	☆☆
Teaflavin Tearubigin	☆☆

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How does it work for weight loss?

Epigallocatechin gallate (EGCG), a key element in polyphenol antioxidant contained in green tea are responsible for the herb's fat-burning effect.

Green Tea **burns calories** in you body.

Wu Long Tea also works by **melting away body fat**.

Other Benefits

Fighting Cancer
Diabetes
May reduce the risk of Stroke and heart Disease.

May Help Clarify Skin
May Help Fight Signs of Aging
Promotes Strong Healthy Teeth
Helps Strengthens Your Immune System.

What are the side effects?

No side effects
A cup of green tea contain 15 to 30 mg caffeine, but theanine and it contain counteracts the effects of caffeine.

No side effects

Featured by Oprah


✓

✓

Clinical Case

A study in the University of Lausanne , Switzerland shown drinking 2-3 cups of green tea daily can burn **80 Calories** a day.

A study in Japan's University of Tokushima School of Medicine shown "Wu long tea **burns 1.57 times** more calories than green tea."
Some articles say it's 2.5 times.

 **80 Calories** = 120 grams Apples
(or 16 grams M&M Candy *It's what 80 calories looks like*)

Effectiveness of weight loss

★★★★☆

★★★★★

What FDA(U.S. Food and Drug Administration) say?

Not been approval
"There is no credible evidence to support qualified health claims for green tea or green tea extract and a reduction of a number of risk factors associated with CVD ."

Not been approval

Safety

★★★★★

★★★★★

Product

Loose Green Tea, Tea Bags ,Capsules

Loose Green Tea, Tea Bags

Price

★★★★★

★★★★☆

Suggested Usage

No for those who are sensitive to caffeine or on medication.

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This site does not provide medical or any other health care or fitness advice, diagnosis, or treatment. wu long tea,oolong tea,,Green Tea,Cancer, Diabetes,etc. are for informational purposes only .