

Black tea: an ally against diabetes, cancer, and heart disease

LOCATION: Córdoba

LENGTH: 1'48"

SUMMARY: Scientists from the Andalusian Institute of Agricultural Research and Training in Cordoba have discovered the benefits of black tea for the human body. They have also discovered why this type of tea has heart-protecting properties, anti-cancer agents and anti-diabetic agents, and this finding is now used in investigations against different illnesses.

VTR:

Perhaps black tea is not the most popular of teas, but drinking it can be very beneficial to your health. Scientists at the Andalusian Institute of Agricultural Research and Training in Cordoba have discovered why it has profound properties for the human body.

JOSÉ MANUEL MORENO
Researcher

"Black tea is manufactured from the leaves of green tea through fermentation. This is why the beneficial compounds of green tea are transformed into other compounds that are contained in black tea, which are what we call theaflavins. The theaflavins are antioxidant compounds that have an effect on health and it has been demonstrated in in-vitro studies that they can have positive effects on different types of cancer cells."

Black tea hides its big secret in its fermentation, which generates beneficial substances that a human organism can absorb up to 94% of, much more than other types of tea.

GEMA PEREIRA
Researcher

"This clinical trial has served to demonstrate that these substances aren't absorbed at a gastric level, but later in the colon."

JOSÉ MANUEL MORENO
Researcher

"We can say that they are shredded, or cut, or reduced so they can be absorbed through the intestine and have another type of function after that absorption."

The success of this investigation, carried out by teams of international scientists, lies in the large capacity of the heart-protecting properties, anti-cancer agents and anti-diabetic agents discovered in black tea.

GEMA PEREIRA
Researcher

"This investigation is going to give options to the investigative community when proving the beneficial properties of ingesting black tea. This finding can be applied to investigations regarding colon cancer, breast cancer and even inflammation."

Now we know: to drink black tea, a simple gesture that can protect us from many diseases.

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