

## Rooibos Tea Health Benefits

Rooibos (Roy-boss) tea is popular indigenous South African herbal tea. Traditional medicinal uses of rooibos in South Africa include alleviation of infantile colic, allergies, asthma and dermatological problems. Clinically, rooibos tea is often prescribed for nervous tension, allergies, stomach and digestive problems.

Recent studies show rooibos tea is also high in Polyphenol antioxidants. Laboratory studies show its strong antioxidant activity and indicate rooibos tea is potent free radical scavengers.

The types of polyphenols in rooibos tea are different than those in green tea. Potent antioxidants found in Rooibos tea include Quercetin, Aspalathin, Orientin, Rutin, Nothofagin, and Luteolin.

The full benefits of teas are likely to come from a combination of all the antioxidants in them rather than from just one substance. Some studies have found that isolated antioxidants, such as supplement or extract, are not as potent as the mixture of antioxidants found in natural food sources. Scientists believe this is because major antioxidants act synergistically with other minor constituents in the tea.

No adverse effects of rooibos as herbal tea have been reported.

*Disclaimer: FDA hasn't reviewed the above statement. This product is a food, not medicine. This product does not diagnose, prevent, treat, or cure any diseases.*

Source: "Scavenging effects of aspalathus linearis (Rooibos Tea) on active oxygen species" Advances in experimental medicine and biology volume 264, 1990 pp 171-174

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