

# Does tea hydrate you?

When it's hot and you would like to quench your thirst, what do you choose to drink? Some of you may not choose teas, thinking, "Anything with caffeine will dehydrate you." And here is great news for us, tea fans: "tea does hydrate you and even better than water itself."

According to researchers from King's College, London, UK, the myth that tea dehydrates could not be further from the truth, and they found, as professional nutritionists now know, tea hydrates as well as water does. Dr. Carrie Ruxton, a Public Health Nutritionist, said tea is better for you than water because not only do you get rehydrated, but also you get health benefits from the antioxidants.

And, as all our Sei Mee Tea drinkers know, if the tea is made with green tea powder, you are getting more antioxidants, vitamins and minerals than steeped tea.

Dr. Katherine Zeratsky at Mayo Clinic said, "Researchers used to believe that caffeinated drinks had a diuretic effect. This means that you would urinate more after drinking them, which could increase your risk of becoming dehydrated. Recent research shows that this is not true since caffeine has a diuretic effect only if you consume large amounts of it—more than 500 to 600 milligrams a day."

In order to consume 500 to 600 mg caffeine, you would need to drink:  
5 cups of coffee (100 mg/serving),  
10 cups of black tea (50 mg/serving),  
Over 50 cups of **Edible Green® regular** (9 mg/serving), or  
7 cups of Sei Mee Tea's **Matcha** (70 mg/serving when 1g is used to make a serving).

## References:

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- Ruxton CH, et al. Black tea is not significantly different from water in the maintenance of normal hydration in human subjects: Results from a randomized controlled trial. *British Journal of Nutrition*. In press. Accessed June 2, 2011.
- Zeratsky KA . Mayo Clinic, Rochester, Minn. June 2, 2011.