

Typhoo re-highlight tea benefits

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Naini Setalvad at Typhoo's Power of T-event

Typhoo has organised a conference with nutritionist Naini Setalvad, to discuss the healing benefits of tea as a beverage. The in-depth talk was held at Cha Bar.

"We are all aware of the fact that antioxidants present in tea offer numerous health benefits including cancer prevention, cholesterol reduction, and protection against stroke and heart attack. But tea has more to offer and is one of the healthiest beverages available."

"Scientists have shown a correlation between green tea consumption and reduced cancer risk, weight loss, and improved heart health. Teas are also rich in manganese and potassium, B-vitamins and flouride. More importantly teas are calorie-free and help increase your metabolism and aid in weight reduction," **said Naini Setalvad.**

Tea is one of the oldest and most popular drinks in the world. From Buddhist monasteries to English parlors, tea has also long been recognized for its healing properties, from the antioxidants in green and white tea to the restorative properties of various herbal blends.

Typhoo spokesperson Ms. Renu Kakkar said, "In today's day and age when there are unhealthy beverage options out there, it is important to remember that tea while also keeping you hydrated offers numerous health benefits along with great flavour. Typhoo has 16 varieties to offer from its premium teas to its flavoured and green tea range. The best part is if one feels like having a cold glass to quench thirst in the summer heat, Typhoo has a fruit infusion range free from sugar, caffeine, preservatives and artificial flavouring".