

DESCRIPTION


Our Kangra tea is low on astringency and offers a delicate nutty and woody aroma with undertones of a warm fire. The brew is of light colour and high in body liquor. Green tea speeds up your metabolism and lowers blood glucose making it a perfect supplement in your struggle to maintain or lose weight.

Kangra green tea is the richest in antioxidants in India. It is not oxidized and thus retains the highest levels of nutritious compounds naturally occurring in tea leaves. Amongst them are the catechins up to 13 %, that help us eliminate free radicals, thus shielding the body from the risk of cancer and degenerative and chronic diseases.


HEALTH BENEFITS:


- ✔ Decreases the risk of cancer
- ✔ Antimicrobial properties
- ✔ Helps reduce blood sugar
- ✔ Improves bone density
- ✔ Lowers cholesterol levels
- ✔ Stimulates metabolism
- ✔ Protects against degenerative diseases
- ✔ Strengthens the immune system
- ✔ Improves dental health
- ✔ Reduces the risk of heart disease
- ✔ Reduces stress and anxiety
- ✔ Helps maintain weight


BREWING TIP


 Place one teaspoon of Kangra green tea per cup (200 ml water) in a tea pot.

85°C Bring fresh water to boil preferably 85°C.

 Pour over the loose tea.

 Cover and brew for 2 -3 minutes.

 Stir and pour through a strainer in the cups.

 Savour the antioxidant rich Kangra Green Tea.

YOU MAY LIKE

Limited Edition



Kangra Silver Needle Tea

Rs. 625.00

ADD TO CART



Kangra First Flush Orthodox
Tea

Rs. 335.00

ADD TO CART



Ginger Lemon Green Tea

Rs. 385.00

ADD TO CART



Spearmint Herbal Tea

Rs. 455.00

ADD TO CART

The Hidden Treasures from India



Our Experts

Dr. Ashu Gulati (Tea Scientist CSIR-IHBT)

Tea is one of the most popular beverages consumed worldwide. Tea, from the plant *Camellia sinensis*, is consumed in different parts of the world as green, black, Oolong tea or the exotic White. The health benefits of green tea for a wide variety of ailments, including different types of cancer, heart disease, and liver disease, have been reported.

Long-term consumption of tea catechins could be beneficial against high-fat diet-induced obesity and type II diabetes and could reduce the risk of coronary disease. The health-promoting effects of green tea are mainly attributed to its abundant polyphenol content particularly flavanols and flavonols commonly known as catechins particularly (-)epigallocatechin-3-gallate (EGCG).

Green tea is harvested later than white tea and does not go through the same oxidation process that oolong and black tea go through. Like white tea, this allows for some of the highest levels of catechins, specifically the ultra-beneficial compound epigallocatechin-3-gallate (EGCG).

Green tea and black tea are processed differently during manufacturing. To produce green tea, freshly harvested leaves are immediately dried to prevent fermentation, yielding a dry, stable product. The drying process destroys the enzymes responsible for breaking down the color pigments in the leaves and allows the tea to maintain its green color during the subsequent rolling and drying processes. These processes preserve natural polyphenols with respect to the health-promoting properties. The green tea further fermented to Oolong and then to black tea, polyphenol compounds (catechins) in green tea are dimerized to form a variety of theanine and theaflavins, such that these teas may have different biological activities. The theanine is an amino acid responsible for increasing alpha brain wave activity, which promotes relaxation.

The data collected over a span of my 30 years of my research shows that the Kangra tea leaves has the highest catechins in India, however it did not get the deserved place in the tea market.

The Hidden *Treasures from India*



Our Mission

We wish to spread the word about the health benefits of (our) tea and thus help people live happier, healthier, and longer lives while enjoying teas with premium taste.

We seek to put Kangra and Kumaon teas where they belong on the list of the best teas in the world.

Moreover, through sustainable and organic tea production, we aspire to preserve this unique region's natural beauty and bio-diversity and help leave it for the next generations in a better state than we found.



KANGRA TEA: THE ANTIOXIDANT POWERHOUSE

by: Rugmam Tea March 2023

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Ready to experience the exceptional benefits of Kangra tea for yourself?

Click below to explore the premium Kangra tea selections.