



The Best Green Tea

## Which Bottled Green Tea Packs the Most Nutritional Punch?

Men's Health tested all the offerings—here are the complete results

Beverage companies have developed their own lines of bottled green tea to cash in on the brew's ever-expanding roster of health benefits. But some brands are nutritional busts. We commissioned ChromaDex Laboratories to analyze 14 different teas for their levels of catechins, the ultrapowerful antioxidants that may help prevent prostate cancer and a host of other diseases. Their findings: The amount of catechins (including a particularly potent kind called EGCG) varied widely, due to the different types of unfermented leaves and brewing methods used. The best? Honest Tea's Organic Honey Green Tea. It's the king of catechins, with only a smidgen of sugar.

Here, the rest of our results. How does your tea measure up?

### Honest Tea "Green Tea with Honey" (16.9 oz)

Catechins per bottle: 215 mg  
EGCG per bottle: 71 mg  
Calories: 74  
Caffeine per bottle: 97 mg  
Taste: Well balanced and slightly sweet, with citrus notes  
Where to Buy: <http://www.honesttea.com/community/find/>

### Harney and Sons "Organic Green" (16 oz)

Catechins per bottle: 183 mg  
EGCG per bottle: 59 mg  
Calories: 40  
Caffeine per bottle: 86 mg  
Taste: Heavy citrus notes and no cloying sweetness  
Where to Buy: <http://www.harney.com/bottled-iced-teas.html>

### Honest Tea "Green Dragon Tea" (16 oz)

Catechins per bottle: 182 mg  
EGCG per bottle: 53 mg  
Calories: 63  
Caffeine per bottle: 84 mg  
Taste: Strong tea taste, slightly bitter with a hint of passion fruit  
Where to Buy: <http://www.honesttea.com/community/find/>

### Honest Tea "Green Tea with Honey" (16.9 oz)

Catechins per bottle: 215 mg  
EGCG per bottle: 71 mg  
Calories: 74  
Caffeine per bottle: 97 mg  
Taste: Well balanced and slightly sweet, with citrus notes  
Where to Buy: <http://www.honesttea.com/community/find/>

### Harney and Sons "Organic Green" (16 oz)

Catechins per bottle: 183 mg  
EGCG per bottle: 59 mg  
Calories: 40  
Caffeine per bottle: 86 mg  
Taste: Heavy citrus notes and no cloying sweetness  
Where to Buy: <http://www.harney.com/bottled-iced-teas.html>

### Honest Tea "Green Dragon Tea" (16 oz)

Catechins per bottle: 182 mg  
EGCG per bottle: 53 mg  
Calories: 63  
Caffeine per bottle: 84 mg  
Taste: Strong tea taste, slightly bitter with a hint of passion fruit  
Where to Buy: <http://www.honesttea.com/community/find/>

### Honest Tea "Moroccan Mint Green" (16 oz)

Catechins per bottle: 145 mg  
EGCG per bottle: 44 mg  
Calories: 34  
Caffeine per bottle: 66 mg  
Taste: Good tea taste with citrus and mint notes and touch of sweetness  
Where to Buy: <http://www.honesttea.com/community/find/>

### Harney and Sons "Organic Bangkok" (16 oz)

Catechins per bottle: 124 mg  
EGCG per bottle: 44 mg  
Calories: 40  
Caffeine per bottle: 63 mg  
Taste: The unusual mix of coconut and lemongrass take some getting used to.  
Where to Buy: <http://www.harney.com/bottled-iced-teas.html>

### Republic of Tea "Passion Fruit Green"

Catechins per bottle: 3 mg  
EGCG per bottle: 1 mg  
Calories: 0  
Caffeine per bottle: 0 mg  
Taste: Not sweet, good fruit and flowery flavor but the tea taste is missing  
Where to Buy: <http://www.republicoftea.com/>

### Republic of Tea "Pomegranate Green"

Catechins per bottle: 8 mg  
EGCG per bottle: .5 mg  
Calories: 0  
Caffeine per bottle: 0.25 mg  
Taste: Floral notes, no tea taste  
Where to Buy: <http://www.republicoftea.com/>

### Lipton Pureleaf "Green Tea with Honey" (16 oz)

Catechins per bottle: 97 mg  
EGCG per bottle: 22 mg  
Calories: 130  
Caffeine per bottle: 38 mg  
Taste: Earthy, nicely sweet

### Tazo "Organic Iced Green" (13.8 oz)

Catechins per bottle: 80 mg  
EGCG per bottle: 25 mg  
Calories: 140  
Caffeine per bottle: 42 mg  
Taste: Tea taste is overwhelmed by the combination of the sweetness and mint and lemon. Watch how much you drink because of the high calorie content.

### Snapple All Natural Green Tea "Asian Pear" (17.5 oz)

Catechins per bottle: 45 mg  
EGCG per bottle: 25 mg  
Calories: 120  
Caffeine per bottle: 31 mg  
Taste: A heavy dose of honey flavor, but no detectable pear taste

### Ito En Tea's Tea "Lemongrass Green" (16.9 oz)

Catechins per bottle: 28 mg  
EGCG per bottle: 6 mg  
Calories: 0  
Caffeine per bottle: 46 mg  
Taste: Earthy, savory flavor  
Where to Buy: <http://www.itoen.com/locator.cfm>

### Snapple All Natural Green Tea "Mango" (17.5 oz)

Catechins per bottle: 28 mg  
EGCG per bottle: 12 mg  
Calories: 120  
Caffeine per bottle: 31 mg  
Taste: Fairly sweet with the mango flavoring masking the tea taste

### Arizona Green Tea with Ginseng and Honey

Catechins per bottle: 39 mg  
EGCG per bottle: 5 mg  
Calories: 175  
Caffeine per bottle: 25 mg  
Taste: More like a syrupy soda

### Ito En Tea's Tea "Green Jasmine"

Catechins per bottle: 27 mg  
EGCG per bottle: 5 mg  
Calories: 0  
Caffeine per bottle: 44 mg  
Taste: Strong flowery aroma with slight tea taste  
Where to Buy: <http://www.itoen.com/locator.cfm>