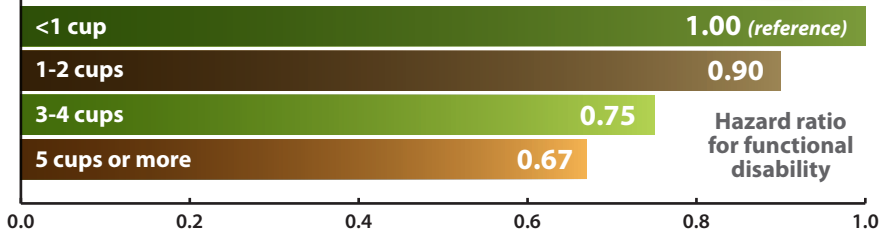


More Green Tea, Less Functional Disability

Seniors (ages 65 and older) who consume green tea are less likely to suffer functional disability compared to those who don't, and the more tea they drink, the better:



Green tea intake (cups/day)



SOURCE: Tomata Y, et al. Green tea consumption and the risk of incident functional disability in elderly Japanese: the Ohsaki Cohort 2006 Study. *American Journal of Clinical Nutrition*, March 2012;95(3):732-9.