

**Full Report (All Nutrients) 14355, Tea, black, brewed, prepared with tap water**

Report Date: January 30, 2015 18:15 EST

Nutrient values and weights are for edible portion

Food Group : Beverages

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g	6.0 fl oz 178g	1 cup (8 fl oz) 237g
<b>Proximates</b>							
Water	g	99.70	4	--	29.51	177.47	236.29
Energy	kcal	1	--	--	0	2	2
Energy	kJ	4	--	--	1	7	9
Protein	g	0.00	14	--	0.00	0.00	0.00
Total lipid (fat)	g	0.00	10	--	0.00	0.00	0.00
Ash	g	0.04	--	--	0.01	0.07	0.09
Carbohydrate, by difference	g	0.30	--	--	0.09	0.53	0.71
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	0	2	--	0	0	0
Iron, Fe	mg	0.02	1	--	0.01	0.04	0.05
Magnesium, Mg	mg	3	2	--	1	5	7
Phosphorus, P	mg	1	2	--	0	2	2
Potassium, K	mg	37	2	--	11	66	88
Sodium, Na	mg	3	2	--	1	5	7
Zinc, Zn	mg	0.02	2	--	0.01	0.04	0.05
Copper, Cu	mg	0.010	2	--	0.003	0.018	0.024
Manganese, Mn	mg	0.219	--	--	0.065	0.390	0.519
Selenium, Se	µg	0.0	2	--	0.0	0.0	0.0
Fluoride, F <sup>2</sup>	µg	372.9	63	6.229	110.4	663.8	883.8
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1			1 fl oz 29.6g	6.0 fl oz 178g	1 cup (8 fl oz) 237g
		Value Per100 g	Data points	Std. Error			
Thiamin	mg	0.000	1	--	0.000	0.000	0.000
Riboflavin	mg	0.014	8	--	0.004	0.025	0.033
Niacin	mg	0.000	1	--	0.000	0.000	0.000
Pantothenic acid	mg	0.011	--	--	0.003	0.020	0.026
Vitamin B-6	mg	0.000	1	--	0.000	0.000	0.000
Folate, total	µg	5	7	0.610	1	9	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	7	0.610	1	9	12
Folate, DFE	µg	5	--	--	1	9	12
Choline, total <sup>3</sup>	mg	0.4	--	--	0.1	0.7	0.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) <sup>4</sup>	mg	0.00	2	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, gamma <sup>4</sup>	mg	0.00	2	--	0.00	0.00	0.00
Tocopherol, delta <sup>4</sup>	mg	0.00	2	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	0.0	0.0	0.0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.002	--	--	0.001	0.004	0.005
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 fl oz 29.6g	6.0 fl oz 178g	1 cup (8 fl oz) 237g
		Value Per100 g					
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.001	--	--	0.000	0.002	0.002
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.001	--	--	0.000	0.002	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.004	--	--	0.001	0.007	0.009
18:2 undifferentiated	g	0.001	--	--	0.000	0.002	0.002
18:3 undifferentiated	g	0.003	--	--	0.001	0.005	0.007
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.000	--	--	0.000	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000	0.000
Leucine	g	0.000	--	--	0.000	0.000	0.000
Lysine	g	0.000	--	--	0.000	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000	0.000
Histidine	g	0.000	--	--	0.000	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000	0.000
Aspartic acid	g	0.000	--	--	0.000	0.000	0.000

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		Value Per100 g	Data points	Std. Error			
Glutamic acid	g	0.000	--	--	0.000	0.000	0.000
Glycine	g	0.000	--	--	0.000	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	20	41	--	6	36	47
Theobromine	mg	2	--	--	1	4	5
<b>Flavonoids</b>							
Flavan-3-ols							
(+)-Catechin <a href="#">5 6 7 8 9 23 24</a>	mg	1.5	55	0.07	0.4	2.7	3.6
(-)-Epigallocatechin <a href="#">5 6 7 8 9 10 11 12 13 14 23 24 25</a>	mg	8.0	94	0.45	2.4	14.3	19.1
(-)-Epicatechin <a href="#">5 6 7 8 9 10 11 12 13 14 23 24 25</a>	mg	2.1	94	0.09	0.6	3.8	5.0
(-)-Epicatechin 3-gallate <a href="#">5 6 7 8 9 10 11 12 13 14 23 24 25</a>	mg	5.9	94	0.17	1.7	10.4	13.9
(-)-Epigallocatechin 3-gallate <a href="#">5 6 7 8 9 10 11 12 13 14 23 24 25</a>	mg	9.4	94	0.46	2.8	16.6	22.2
Theaflavin <a href="#">7 14 15 24</a>	mg	1.6	39	0.16	0.5	2.8	3.7
Thearubigins <a href="#">13 14</a>	mg	81.3	32	9.75	24.1	144.7	192.7
Theaflavin-3,3'-digallate <a href="#">7 14 15 24</a>	mg	1.7	39	0.2	0.5	3.1	4.1
Theaflavin-3'-gallate <a href="#">7 14 15 24</a>	mg	1.5	39	0.15	0.4	2.7	3.6
(+)-Gallocatechin <a href="#">5 6 23</a>	mg	1.2	9	0.21	0.4	2.2	3.0
Flavones							
Apigenin <a href="#">16</a>	mg	0.0	10	0	0.0	0.0	0.0
Luteolin <a href="#">16</a>	mg	0.0	10	0	0.0	0.0	0.0
Flavonols							
Kaempferol <a href="#">9 13 14 16 17 18 19</a>	mg	1.4	64	0.08	0.4	2.5	3.3
Myricetin <a href="#">9 14 16 17 19</a>	mg	0.4	32	0.01	0.1	0.8	1.1
Quercetin <a href="#">9 13 14 16 17 18 19</a>	mg	2.2	64	0.04	0.6	3.9	5.2
Isoflavones							
Daidzein <a href="#">20 21</a>	mg	0.0	2	--	0.0	0.0	0.0

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		Value Per100 g	Data points	Std. Error			
Genistein <a href="#">20</a> <a href="#">21</a>	mg	0.0	2	--	0.0	0.0	0.0
Glycitein <a href="#">21</a>	mg	0.0	1	--	0.0	0.0	0.0
Total isoflavones <a href="#">20</a> <a href="#">21</a>	mg	0.0	2	--	0.0	0.0	0.0
Formononetin	mg	0.0	1	--	0.0	0.0	0.0
Coumestrol	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin							
Proanthocyanidin monomers <a href="#">22</a>	mg	9.3	3	0	2.8	16.6	22.0
Proanthocyanidin dimers <a href="#">22</a>	mg	3.7	3	0	1.1	6.7	8.9
Proanthocyanidin trimers <a href="#">22</a>	mg	0.4	3	0	0.1	0.7	0.9

**Sources of Data**

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<sup>3</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 6e**, 2002 Beltsville MD

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