

Article

The Influence of the Preparation of Tea Infusion on the Content of Fluoride and the Assessment of Health Risk for the Consumer in Poland

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Table S1. Values of the THQ parameter for various population groups. The average daily tea consumption for age groups above 12 years is 1 L.

| | Children | | | Girls | | | Boys | | | Women | | | Men | | | | |
|----------------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| green tea | 1.16 | 0.93 | 0.72 | 0.83 | 0.62 | 0.57 | 0.83 | 0.59 | 0.47 | 0.70 | 0.58 | 0.49 | 0.42 | 0.58 | 0.49 | 0.42 | 0.37 |
| green tea | 0.73 | 0.59 | 0.45 | 0.52 | 0.39 | 0.36 | 0.52 | 0.37 | 0.30 | 0.44 | 0.36 | 0.31 | 0.27 | 0.36 | 0.31 | 0.27 | 0.23 |
| green tea | 1.22 | 0.99 | 0.76 | 0.88 | 0.66 | 0.60 | 0.88 | 0.62 | 0.50 | 0.74 | 0.61 | 0.52 | 0.45 | 0.61 | 0.52 | 0.45 | 0.39 |
| green tea | 1.93 | 1.56 | 1.20 | 1.40 | 1.04 | 0.95 | 1.40 | 0.98 | 0.79 | 1.18 | 0.96 | 0.82 | 0.71 | 0.96 | 0.82 | 0.71 | 0.62 |
| green tea | 1.42 | 1.15 | 0.88 | 1.03 | 0.76 | 0.70 | 1.03 | 0.72 | 0.58 | 0.87 | 0.71 | 0.60 | 0.52 | 0.71 | 0.60 | 0.52 | 0.46 |
| green tea | 2.29 | 1.85 | 1.42 | 1.65 | 1.23 | 1.12 | 1.65 | 1.16 | 0.94 | 1.39 | 1.14 | 0.97 | 0.84 | 1.14 | 0.97 | 0.84 | 0.74 |
| pu-erh | 0.56 | 0.45 | 0.35 | 0.40 | 0.30 | 0.27 | 0.40 | 0.28 | 0.23 | 0.34 | 0.28 | 0.24 | 0.20 | 0.28 | 0.24 | 0.20 | 0.18 |
| pu-erh | 0.43 | 0.35 | 0.27 | 0.31 | 0.23 | 0.21 | 0.31 | 0.22 | 0.18 | 0.26 | 0.22 | 0.18 | 0.16 | 0.22 | 0.18 | 0.16 | 0.14 |
| pu-erh | 0.62 | 0.50 | 0.39 | 0.45 | 0.33 | 0.31 | 0.45 | 0.32 | 0.25 | 0.38 | 0.31 | 0.26 | 0.23 | 0.31 | 0.26 | 0.23 | 0.20 |
| white tea | 0.78 | 0.63 | 0.49 | 0.57 | 0.42 | 0.38 | 0.57 | 0.40 | 0.32 | 0.48 | 0.39 | 0.33 | 0.29 | 0.39 | 0.33 | 0.29 | 0.25 |
| white tea | 1.23 | 1.00 | 0.77 | 0.89 | 0.66 | 0.60 | 0.89 | 0.63 | 0.50 | 0.75 | 0.61 | 0.52 | 0.45 | 0.61 | 0.52 | 0.45 | 0.40 |
| white tea | 0.86 | 0.70 | 0.54 | 0.62 | 0.46 | 0.42 | 0.62 | 0.44 | 0.35 | 0.53 | 0.43 | 0.36 | 0.32 | 0.43 | 0.36 | 0.32 | 0.28 |
| white tea | 0.94 | 0.76 | 0.59 | 0.68 | 0.51 | 0.46 | 0.68 | 0.48 | 0.39 | 0.57 | 0.47 | 0.40 | 0.34 | 0.47 | 0.40 | 0.34 | 0.30 |
| black leaf tea | 2.13 | 1.73 | 1.33 | 1.54 | 1.15 | 1.05 | 1.54 | 1.08 | 0.87 | 1.30 | 1.06 | 0.90 | 0.78 | 1.06 | 0.90 | 0.78 | 0.69 |
| black leaf tea | 1.63 | 1.32 | 1.01 | 1.17 | 0.88 | 0.80 | 1.17 | 0.83 | 0.67 | 0.99 | 0.81 | 0.69 | 0.60 | 0.81 | 0.69 | 0.60 | 0.53 |
| black leaf tea | 2.95 | 2.39 | 1.84 | 2.13 | 1.59 | 1.45 | 2.13 | 1.50 | 1.21 | 1.80 | 1.47 | 1.25 | 1.08 | 1.47 | 1.25 | 1.08 | 0.95 |
| black leaf tea | 1.89 | 1.53 | 1.18 | 1.37 | 1.02 | 0.93 | 1.37 | 0.96 | 0.78 | 1.16 | 0.95 | 0.80 | 0.69 | 0.95 | 0.80 | 0.69 | 0.61 |
| black leaf tea | 1.21 | 0.98 | 0.75 | 0.88 | 0.65 | 0.59 | 0.88 | 0.62 | 0.50 | 0.74 | 0.61 | 0.51 | 0.44 | 0.61 | 0.51 | 0.44 | 0.39 |
| black leaf tea | 3.75 | 3.03 | 2.33 | 2.71 | 2.02 | 1.84 | 2.71 | 1.91 | 1.54 | 2.29 | 1.87 | 1.58 | 1.37 | 1.87 | 1.58 | 1.37 | 1.21 |
| black granulated tea | 3.40 | 2.75 | 2.12 | 2.45 | 1.83 | 1.66 | 2.45 | 1.73 | 1.39 | 2.07 | 1.70 | 1.43 | 1.24 | 1.70 | 1.43 | 1.24 | 1.10 |
| black granulated tea | 4.36 | 3.53 | 2.71 | 3.15 | 2.35 | 2.14 | 3.15 | 2.22 | 1.79 | 2.66 | 2.18 | 1.84 | 1.60 | 2.18 | 1.84 | 1.60 | 1.41 |
| black granulated tea | 3.79 | 3.06 | 2.36 | 2.73 | 2.04 | 1.85 | 2.73 | 1.92 | 1.55 | 2.31 | 1.89 | 1.60 | 1.38 | 1.89 | 1.60 | 1.38 | 1.22 |
| black tea in bags | 4.29 | 3.47 | 2.67 | 3.10 | 2.31 | 2.10 | 3.10 | 2.18 | 1.76 | 2.61 | 2.14 | 1.81 | 1.57 | 2.14 | 1.81 | 1.57 | 1.38 |
| black tea in bags | 3.16 | 2.55 | 1.96 | 2.28 | 1.70 | 1.55 | 2.28 | 1.60 | 1.29 | 1.92 | 1.57 | 1.33 | 1.15 | 1.57 | 1.33 | 1.15 | 1.02 |
| black tea in bags | 2.52 | 2.04 | 1.57 | 1.82 | 1.36 | 1.24 | 1.82 | 1.28 | 1.03 | 1.54 | 1.26 | 1.07 | 0.92 | 1.26 | 1.07 | 0.92 | 0.81 |
| black tea in bags | 3.83 | 3.09 | 2.38 | 2.76 | 2.06 | 1.87 | 2.76 | 1.94 | 1.57 | 2.33 | 1.91 | 1.62 | 1.40 | 1.91 | 1.62 | 1.40 | 1.24 |
| black tea in bags | 4.84 | 3.91 | 3.01 | 3.49 | 2.60 | 2.37 | 3.49 | 2.46 | 1.98 | 2.95 | 2.41 | 2.04 | 1.77 | 2.41 | 2.04 | 1.77 | 1.56 |

* DI - average daily intake rate of tea.

Table S2. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea: DI50%, tea [g]: water [mL] ratio: 1:100; time of brewing: 5 min.

| | Children | | | Girls | | | Boys | | | Women | | | | Men | | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 0.67 | 0.68 | 0.70 | 0.74 | 0.82 | 0.88 | 0.70 | 0.70 | 0.70 | 0.70 | 0.88 | 0.88 | 0.88 | 0.88 |
| black tea | 1.93 | 1.56 | 1.20 | 0.93 | 0.71 | 0.66 | 1.02 | 0.81 | 0.69 | 0.82 | 0.67 | 0.57 | 0.49 | 0.84 | 0.71 | 0.62 | 0.54 |
| black tea | 1.34 | 1.09 | 0.84 | 0.65 | 0.49 | 0.46 | 0.71 | 0.56 | 0.48 | 0.57 | 0.47 | 0.40 | 0.34 | 0.59 | 0.50 | 0.43 | 0.38 |
| black tea | 1.32 | 1.07 | 0.82 | 0.64 | 0.49 | 0.45 | 0.70 | 0.55 | 0.47 | 0.56 | 0.46 | 0.39 | 0.34 | 0.58 | 0.49 | 0.42 | 0.37 |
| black tea | 2.72 | 2.20 | 1.69 | 1.31 | 1.00 | 0.93 | 1.44 | 1.14 | 0.98 | 1.16 | 0.95 | 0.80 | 0.70 | 1.19 | 1.01 | 0.87 | 0.77 |
| black tea | 3.66 | 2.96 | 2.28 | 1.76 | 1.34 | 1.26 | 1.94 | 1.53 | 1.31 | 1.56 | 1.28 | 1.08 | 0.94 | 1.60 | 1.35 | 1.17 | 1.03 |
| black tea | 0.95 | 0.77 | 0.59 | 0.46 | 0.35 | 0.33 | 0.50 | 0.40 | 0.34 | 0.41 | 0.33 | 0.28 | 0.24 | 0.41 | 0.35 | 0.30 | 0.27 |
| black tea | 1.12 | 0.90 | 0.69 | 0.54 | 0.41 | 0.38 | 0.59 | 0.47 | 0.40 | 0.48 | 0.39 | 0.33 | 0.29 | 0.49 | 0.41 | 0.36 | 0.32 |
| black tea | 0.97 | 0.78 | 0.60 | 0.47 | 0.36 | 0.33 | 0.51 | 0.40 | 0.35 | 0.41 | 0.34 | 0.29 | 0.25 | 0.42 | 0.36 | 0.31 | 0.27 |
| black tea | 1.41 | 1.14 | 0.88 | 0.68 | 0.52 | 0.48 | 0.75 | 0.59 | 0.50 | 0.60 | 0.49 | 0.42 | 0.36 | 0.62 | 0.52 | 0.45 | 0.40 |
| black tea | 0.68 | 0.55 | 0.42 | 0.33 | 0.25 | 0.23 | 0.36 | 0.28 | 0.24 | 0.29 | 0.24 | 0.20 | 0.17 | 0.30 | 0.25 | 0.22 | 0.19 |
| green tea | 2.97 | 2.40 | 1.85 | 1.43 | 1.09 | 1.02 | 1.58 | 1.24 | 1.07 | 1.27 | 1.04 | 0.88 | 0.76 | 1.30 | 1.10 | 0.95 | 0.84 |
| green tea | 2.46 | 1.99 | 1.53 | 1.18 | 0.90 | 0.84 | 1.30 | 1.03 | 0.88 | 1.05 | 0.86 | 0.73 | 0.63 | 1.07 | 0.91 | 0.79 | 0.69 |
| green tea | 1.25 | 1.01 | 0.78 | 0.60 | 0.46 | 0.43 | 0.66 | 0.52 | 0.45 | 0.53 | 0.44 | 0.37 | 0.32 | 0.54 | 0.46 | 0.40 | 0.35 |
| green tea | 0.51 | 0.41 | 0.31 | 0.24 | 0.19 | 0.17 | 0.27 | 0.21 | 0.18 | 0.22 | 0.18 | 0.15 | 0.13 | 0.22 | 0.19 | 0.16 | 0.14 |
| green tea | 0.53 | 0.43 | 0.33 | 0.25 | 0.19 | 0.18 | 0.28 | 0.22 | 0.19 | 0.23 | 0.18 | 0.16 | 0.14 | 0.23 | 0.19 | 0.17 | 0.15 |
| white tea | 1.37 | 1.11 | 0.85 | 0.66 | 0.50 | 0.47 | 0.73 | 0.57 | 0.49 | 0.59 | 0.48 | 0.41 | 0.35 | 0.60 | 0.51 | 0.44 | 0.39 |
| white tea | 1.43 | 1.16 | 0.89 | 0.69 | 0.53 | 0.49 | 0.76 | 0.60 | 0.51 | 0.61 | 0.50 | 0.42 | 0.37 | 0.63 | 0.53 | 0.46 | 0.40 |
| white tea | 0.68 | 0.55 | 0.42 | 0.33 | 0.25 | 0.23 | 0.36 | 0.28 | 0.24 | 0.29 | 0.24 | 0.20 | 0.17 | 0.30 | 0.25 | 0.22 | 0.19 |
| earl grey | 2.47 | 2.00 | 1.54 | 1.19 | 0.91 | 0.85 | 1.31 | 1.03 | 0.89 | 1.06 | 0.86 | 0.73 | 0.63 | 1.08 | 0.91 | 0.79 | 0.70 |
| earl grey | 1.39 | 1.12 | 0.87 | 0.67 | 0.51 | 0.48 | 0.74 | 0.58 | 0.50 | 0.59 | 0.49 | 0.41 | 0.36 | 0.61 | 0.51 | 0.45 | 0.39 |
| earl grey | 0.44 | 0.35 | 0.27 | 0.21 | 0.16 | 0.15 | 0.23 | 0.18 | 0.16 | 0.19 | 0.15 | 0.13 | 0.11 | 0.19 | 0.16 | 0.14 | 0.12 |
| pu-erh | 1.60 | 1.29 | 1.00 | 0.77 | 0.59 | 0.55 | 0.85 | 0.67 | 0.57 | 0.68 | 0.56 | 0.47 | 0.41 | 0.70 | 0.59 | 0.51 | 0.45 |
| pu-erh | 1.32 | 1.07 | 0.82 | 0.63 | 0.48 | 0.45 | 0.70 | 0.55 | 0.47 | 0.56 | 0.46 | 0.39 | 0.34 | 0.58 | 0.49 | 0.42 | 0.37 |
| pu-erh | 0.72 | 0.58 | 0.45 | 0.35 | 0.26 | 0.25 | 0.38 | 0.30 | 0.26 | 0.31 | 0.25 | 0.21 | 0.18 | 0.31 | 0.27 | 0.23 | 0.20 |

* DI - average daily intake rate of tea.

Table S3. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea: DI50%, tea [g]: water [mL] ratio: 1:100; time of brewing: 15 min.

| | Children | | | Girls | | | Boys | | | Women | | | | Men | | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 0.67 | 0.68 | 0.70 | 0.74 | 0.82 | 0.88 | 0.70 | 0.70 | 0.70 | 0.70 | 0.88 | 0.88 | 0.88 | 0.88 |
| black tea | 2.48 | 2.01 | 1.54 | 1.19 | 0.91 | 0.85 | 1.32 | 1.04 | 0.89 | 1.06 | 0.87 | 0.73 | 0.64 | 1.08 | 0.92 | 0.79 | 0.70 |
| black tea | 1.54 | 1.25 | 0.96 | 0.74 | 0.57 | 0.53 | 0.82 | 0.64 | 0.55 | 0.66 | 0.54 | 0.46 | 0.40 | 0.67 | 0.57 | 0.49 | 0.44 |
| black tea | 1.48 | 1.20 | 0.92 | 0.71 | 0.54 | 0.51 | 0.79 | 0.62 | 0.53 | 0.63 | 0.52 | 0.44 | 0.38 | 0.65 | 0.55 | 0.47 | 0.42 |
| black tea | 3.71 | 3.00 | 2.31 | 1.78 | 1.36 | 1.27 | 1.97 | 1.55 | 1.33 | 1.58 | 1.29 | 1.09 | 0.95 | 1.62 | 1.37 | 1.19 | 1.05 |
| black tea | 4.11 | 3.32 | 2.56 | 1.97 | 1.51 | 1.41 | 2.18 | 1.72 | 1.47 | 1.75 | 1.43 | 1.21 | 1.05 | 1.79 | 1.52 | 1.31 | 1.16 |
| black tea | 1.28 | 1.04 | 0.80 | 0.61 | 0.47 | 0.44 | 0.68 | 0.54 | 0.46 | 0.55 | 0.45 | 0.38 | 0.33 | 0.56 | 0.47 | 0.41 | 0.36 |
| black tea | 1.27 | 1.03 | 0.79 | 0.61 | 0.47 | 0.44 | 0.67 | 0.53 | 0.45 | 0.54 | 0.44 | 0.37 | 0.32 | 0.55 | 0.47 | 0.41 | 0.36 |
| black tea | 1.15 | 0.93 | 0.71 | 0.55 | 0.42 | 0.39 | 0.61 | 0.48 | 0.41 | 0.49 | 0.40 | 0.34 | 0.29 | 0.50 | 0.42 | 0.37 | 0.32 |
| black tea | 1.79 | 1.45 | 1.11 | 0.86 | 0.66 | 0.61 | 0.95 | 0.75 | 0.64 | 0.76 | 0.63 | 0.53 | 0.46 | 0.78 | 0.66 | 0.57 | 0.51 |
| black tea | 0.84 | 0.68 | 0.52 | 0.40 | 0.31 | 0.29 | 0.44 | 0.35 | 0.30 | 0.36 | 0.29 | 0.25 | 0.21 | 0.36 | 0.31 | 0.27 | 0.24 |
| green tea | 2.98 | 2.41 | 1.86 | 1.43 | 1.09 | 1.02 | 1.58 | 1.25 | 1.07 | 1.27 | 1.04 | 0.88 | 0.76 | 1.30 | 1.10 | 0.95 | 0.84 |
| green tea | 2.73 | 2.21 | 1.70 | 1.31 | 1.00 | 0.94 | 1.45 | 1.14 | 0.98 | 1.17 | 0.95 | 0.81 | 0.70 | 1.19 | 1.01 | 0.87 | 0.77 |
| green tea | 1.45 | 1.17 | 0.90 | 0.70 | 0.53 | 0.50 | 0.77 | 0.61 | 0.52 | 0.62 | 0.51 | 0.43 | 0.37 | 0.63 | 0.53 | 0.46 | 0.41 |
| green tea | 0.61 | 0.49 | 0.38 | 0.29 | 0.22 | 0.21 | 0.32 | 0.25 | 0.22 | 0.26 | 0.21 | 0.18 | 0.16 | 0.26 | 0.22 | 0.19 | 0.17 |
| green tea | 0.57 | 0.46 | 0.36 | 0.28 | 0.21 | 0.20 | 0.30 | 0.24 | 0.21 | 0.24 | 0.20 | 0.17 | 0.15 | 0.25 | 0.21 | 0.18 | 0.16 |
| white tea | 1.50 | 1.22 | 0.94 | 0.72 | 0.55 | 0.52 | 0.80 | 0.63 | 0.54 | 0.64 | 0.53 | 0.44 | 0.39 | 0.66 | 0.56 | 0.48 | 0.42 |
| white tea | 1.51 | 1.22 | 0.94 | 0.73 | 0.56 | 0.52 | 0.80 | 0.63 | 0.54 | 0.65 | 0.53 | 0.45 | 0.39 | 0.66 | 0.56 | 0.48 | 0.43 |
| white tea | 0.72 | 0.58 | 0.45 | 0.35 | 0.26 | 0.25 | 0.38 | 0.30 | 0.26 | 0.31 | 0.25 | 0.21 | 0.18 | 0.31 | 0.27 | 0.23 | 0.20 |
| earl grey | 2.87 | 2.32 | 1.79 | 1.38 | 1.05 | 0.98 | 1.52 | 1.20 | 1.03 | 1.22 | 1.00 | 0.85 | 0.73 | 1.25 | 1.06 | 0.92 | 0.81 |
| earl grey | 1.78 | 1.44 | 1.11 | 0.85 | 0.65 | 0.61 | 0.94 | 0.74 | 0.64 | 0.76 | 0.62 | 0.53 | 0.46 | 0.78 | 0.66 | 0.57 | 0.50 |
| earl grey | 0.50 | 0.40 | 0.31 | 0.24 | 0.18 | 0.17 | 0.26 | 0.21 | 0.18 | 0.21 | 0.17 | 0.15 | 0.13 | 0.22 | 0.18 | 0.16 | 0.14 |
| pu-erh | 1.62 | 1.31 | 1.01 | 0.78 | 0.60 | 0.56 | 0.86 | 0.68 | 0.58 | 0.69 | 0.57 | 0.48 | 0.42 | 0.71 | 0.60 | 0.52 | 0.46 |
| pu-erh | 1.43 | 1.15 | 0.89 | 0.69 | 0.52 | 0.49 | 0.76 | 0.60 | 0.51 | 0.61 | 0.50 | 0.42 | 0.37 | 0.62 | 0.53 | 0.46 | 0.40 |
| pu-erh | 0.83 | 0.67 | 0.52 | 0.40 | 0.30 | 0.28 | 0.44 | 0.35 | 0.30 | 0.35 | 0.29 | 0.24 | 0.21 | 0.36 | 0.31 | 0.27 | 0.23 |

* DI - average daily intake rate of tea.

Table S4. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea for age groups above 12 years is 1 L, tea [g]: water [mL] ratio: 1:100; time of brewing: 5 min.

| | Children | | | Girls | | | Boys | | | Women | | | Men | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| black tea | 1.93 | 1.56 | 1.20 | 1.39 | 1.04 | 0.94 | 1.39 | 0.98 | 0.79 | 1.17 | 0.96 | 0.81 | 0.70 | 0.96 | 0.81 |
| black tea | 1.34 | 1.09 | 0.84 | 0.97 | 0.72 | 0.66 | 0.97 | 0.68 | 0.55 | 0.82 | 0.67 | 0.57 | 0.49 | 0.67 | 0.57 |
| black tea | 1.32 | 1.07 | 0.82 | 0.96 | 0.71 | 0.65 | 0.96 | 0.67 | 0.54 | 0.81 | 0.66 | 0.56 | 0.48 | 0.66 | 0.56 |
| black tea | 2.72 | 2.20 | 1.69 | 1.96 | 1.46 | 1.33 | 1.96 | 1.38 | 1.11 | 1.66 | 1.36 | 1.15 | 1.00 | 1.36 | 1.15 |
| black tea | 3.66 | 2.96 | 2.28 | 2.64 | 1.97 | 1.79 | 2.64 | 1.86 | 1.50 | 2.23 | 1.83 | 1.55 | 1.34 | 1.83 | 1.55 |
| black tea | 0.95 | 0.77 | 0.59 | 0.69 | 0.51 | 0.47 | 0.69 | 0.48 | 0.39 | 0.58 | 0.47 | 0.40 | 0.35 | 0.47 | 0.40 |
| black tea | 1.12 | 0.90 | 0.69 | 0.81 | 0.60 | 0.55 | 0.81 | 0.57 | 0.46 | 0.68 | 0.56 | 0.47 | 0.41 | 0.56 | 0.47 |
| black tea | 0.97 | 0.78 | 0.60 | 0.70 | 0.52 | 0.47 | 0.70 | 0.49 | 0.40 | 0.59 | 0.48 | 0.41 | 0.35 | 0.48 | 0.41 |
| black tea | 1.41 | 1.14 | 0.88 | 1.02 | 0.76 | 0.69 | 1.02 | 0.72 | 0.58 | 0.86 | 0.70 | 0.59 | 0.52 | 0.70 | 0.59 |
| black tea | 0.68 | 0.55 | 0.42 | 0.49 | 0.37 | 0.33 | 0.49 | 0.35 | 0.28 | 0.42 | 0.34 | 0.29 | 0.25 | 0.34 | 0.29 |
| green tea | 2.97 | 2.40 | 1.85 | 2.15 | 1.60 | 1.46 | 2.15 | 1.51 | 1.22 | 1.81 | 1.48 | 1.25 | 1.09 | 1.48 | 1.25 |
| green tea | 2.46 | 1.99 | 1.53 | 1.77 | 1.32 | 1.20 | 1.77 | 1.25 | 1.01 | 1.50 | 1.22 | 1.04 | 0.90 | 1.22 | 1.04 |
| green tea | 1.25 | 1.01 | 0.78 | 0.90 | 0.67 | 0.61 | 0.90 | 0.63 | 0.51 | 0.76 | 0.62 | 0.53 | 0.46 | 0.62 | 0.53 |
| green tea | 0.51 | 0.41 | 0.31 | 0.36 | 0.27 | 0.25 | 0.36 | 0.26 | 0.21 | 0.31 | 0.25 | 0.21 | 0.18 | 0.25 | 0.21 |
| green tea | 0.53 | 0.43 | 0.33 | 0.38 | 0.28 | 0.26 | 0.38 | 0.27 | 0.22 | 0.32 | 0.26 | 0.22 | 0.19 | 0.26 | 0.22 |
| white tea | 1.37 | 1.11 | 0.85 | 0.99 | 0.74 | 0.67 | 0.99 | 0.70 | 0.56 | 0.84 | 0.68 | 0.58 | 0.50 | 0.68 | 0.58 |
| white tea | 1.43 | 1.16 | 0.89 | 1.03 | 0.77 | 0.70 | 1.03 | 0.73 | 0.59 | 0.87 | 0.71 | 0.60 | 0.52 | 0.71 | 0.60 |
| white tea | 0.68 | 0.55 | 0.42 | 0.49 | 0.37 | 0.33 | 0.49 | 0.35 | 0.28 | 0.42 | 0.34 | 0.29 | 0.25 | 0.34 | 0.29 |
| earl grey | 2.47 | 2.00 | 1.54 | 1.79 | 1.33 | 1.21 | 1.79 | 1.26 | 1.01 | 1.51 | 1.23 | 1.04 | 0.90 | 1.23 | 1.04 |
| earl grey | 1.39 | 1.12 | 0.87 | 1.00 | 0.75 | 0.68 | 1.00 | 0.71 | 0.57 | 0.85 | 0.69 | 0.59 | 0.51 | 0.69 | 0.59 |
| earl grey | 0.44 | 0.35 | 0.27 | 0.31 | 0.23 | 0.21 | 0.31 | 0.22 | 0.18 | 0.27 | 0.22 | 0.18 | 0.16 | 0.22 | 0.18 |
| pu-erh | 1.60 | 1.29 | 1.00 | 1.16 | 0.86 | 0.78 | 1.16 | 0.81 | 0.66 | 0.98 | 0.80 | 0.68 | 0.59 | 0.80 | 0.68 |
| pu-erh | 1.32 | 1.07 | 0.82 | 0.95 | 0.71 | 0.65 | 0.95 | 0.67 | 0.54 | 0.80 | 0.66 | 0.56 | 0.48 | 0.66 | 0.56 |
| pu-erh | 0.72 | 0.58 | 0.45 | 0.52 | 0.39 | 0.35 | 0.52 | 0.37 | 0.30 | 0.44 | 0.36 | 0.30 | 0.26 | 0.36 | 0.30 |

* DI - average daily intake rate of tea.

Table S5. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea for age groups above 12 years is 1 L, tea [g]: water [mL] ratio: 1:100; time of brewing: 15 min.

| | Children | | | Girls | | | Boys | | | Women | | | Men | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| black tea | 2.48 | 2.01 | 1.54 | 1.79 | 1.33 | 1.22 | 1.79 | 1.26 | 1.02 | 1.51 | 1.24 | 1.05 | 0.91 | 1.24 | 1.05 |
| black tea | 1.54 | 1.25 | 0.96 | 1.11 | 0.83 | 0.76 | 1.11 | 0.78 | 0.63 | 0.94 | 0.77 | 0.65 | 0.56 | 0.77 | 0.65 |
| black tea | 1.48 | 1.20 | 0.92 | 1.07 | 0.80 | 0.73 | 1.07 | 0.75 | 0.61 | 0.90 | 0.74 | 0.63 | 0.54 | 0.74 | 0.63 |
| black tea | 3.71 | 3.00 | 2.31 | 2.67 | 1.99 | 1.81 | 2.67 | 1.88 | 1.52 | 2.26 | 1.85 | 1.56 | 1.36 | 1.85 | 1.56 |
| black tea | 4.11 | 3.32 | 2.56 | 2.96 | 2.21 | 2.01 | 2.96 | 2.09 | 1.68 | 2.50 | 2.05 | 1.73 | 1.50 | 2.05 | 1.73 |
| black tea | 1.28 | 1.04 | 0.80 | 0.92 | 0.69 | 0.63 | 0.92 | 0.65 | 0.52 | 0.78 | 0.64 | 0.54 | 0.47 | 0.64 | 0.54 |
| black tea | 1.27 | 1.03 | 0.79 | 0.92 | 0.68 | 0.62 | 0.92 | 0.64 | 0.52 | 0.77 | 0.63 | 0.54 | 0.46 | 0.63 | 0.54 |
| black tea | 1.15 | 0.93 | 0.71 | 0.83 | 0.62 | 0.56 | 0.83 | 0.58 | 0.47 | 0.70 | 0.57 | 0.48 | 0.42 | 0.57 | 0.48 |
| black tea | 1.79 | 1.45 | 1.11 | 1.29 | 0.96 | 0.88 | 1.29 | 0.91 | 0.73 | 1.09 | 0.89 | 0.76 | 0.66 | 0.89 | 0.76 |
| black tea | 0.84 | 0.68 | 0.52 | 0.60 | 0.45 | 0.41 | 0.60 | 0.42 | 0.34 | 0.51 | 0.42 | 0.35 | 0.31 | 0.42 | 0.35 |
| green tea | 2.98 | 2.41 | 1.86 | 2.15 | 1.60 | 1.46 | 2.15 | 1.51 | 1.22 | 1.82 | 1.49 | 1.26 | 1.09 | 1.49 | 1.26 |
| green tea | 2.73 | 2.21 | 1.70 | 1.97 | 1.47 | 1.34 | 1.97 | 1.39 | 1.12 | 1.66 | 1.36 | 1.15 | 1.00 | 1.36 | 1.15 |
| green tea | 1.45 | 1.17 | 0.90 | 1.05 | 0.78 | 0.71 | 1.05 | 0.74 | 0.59 | 0.88 | 0.72 | 0.61 | 0.53 | 0.72 | 0.61 |
| green tea | 0.61 | 0.49 | 0.38 | 0.44 | 0.33 | 0.30 | 0.44 | 0.31 | 0.25 | 0.37 | 0.30 | 0.26 | 0.22 | 0.30 | 0.26 |
| green tea | 0.57 | 0.46 | 0.36 | 0.41 | 0.31 | 0.28 | 0.41 | 0.29 | 0.23 | 0.35 | 0.29 | 0.24 | 0.21 | 0.29 | 0.24 |
| white tea | 1.50 | 1.22 | 0.94 | 1.09 | 0.81 | 0.74 | 1.09 | 0.76 | 0.62 | 0.92 | 0.75 | 0.63 | 0.55 | 0.75 | 0.63 |
| white tea | 1.51 | 1.22 | 0.94 | 1.09 | 0.81 | 0.74 | 1.09 | 0.77 | 0.62 | 0.92 | 0.76 | 0.64 | 0.55 | 0.76 | 0.64 |
| white tea | 0.72 | 0.58 | 0.45 | 0.52 | 0.39 | 0.35 | 0.52 | 0.37 | 0.30 | 0.44 | 0.36 | 0.30 | 0.26 | 0.36 | 0.30 |
| earl grey | 2.87 | 2.32 | 1.79 | 2.07 | 1.54 | 1.41 | 2.07 | 1.46 | 1.17 | 1.75 | 1.43 | 1.21 | 1.05 | 1.43 | 1.21 |
| earl grey | 1.78 | 1.44 | 1.11 | 1.29 | 0.96 | 0.87 | 1.29 | 0.90 | 0.73 | 1.09 | 0.89 | 0.75 | 0.65 | 0.89 | 0.75 |
| earl grey | 0.50 | 0.40 | 0.31 | 0.36 | 0.27 | 0.24 | 0.36 | 0.25 | 0.20 | 0.30 | 0.25 | 0.21 | 0.18 | 0.25 | 0.21 |
| pu-erh | 1.62 | 1.31 | 1.01 | 1.17 | 0.87 | 0.80 | 1.17 | 0.83 | 0.66 | 0.99 | 0.81 | 0.69 | 0.59 | 0.81 | 0.69 |
| pu-erh | 1.43 | 1.15 | 0.89 | 1.03 | 0.77 | 0.70 | 1.03 | 0.73 | 0.58 | 0.87 | 0.71 | 0.60 | 0.52 | 0.71 | 0.60 |
| pu-erh | 0.83 | 0.67 | 0.52 | 0.60 | 0.45 | 0.41 | 0.60 | 0.42 | 0.34 | 0.51 | 0.41 | 0.35 | 0.30 | 0.41 | 0.35 |

* DI - average daily intake rate of tea.

Table S6. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea: DI50%, tea [g]: water [mL] ratio: 2:100; time of brewing: 5 min.

| | Children | | | Girls | | | Boys | | | Women | | | | Men | | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 0.67 | 0.68 | 0.70 | 0.74 | 0.82 | 0.88 | 0.70 | 0.70 | 0.70 | 0.70 | 0.88 | 0.88 | 0.88 | 0.88 |
| black tea | 3.85 | 3.12 | 2.40 | 1.85 | 1.41 | 1.32 | 2.05 | 1.61 | 1.38 | 1.64 | 1.35 | 1.14 | 0.99 | 1.68 | 1.42 | 1.23 | 1.09 |
| black tea | 2.69 | 2.17 | 1.67 | 1.29 | 0.99 | 0.92 | 1.43 | 1.12 | 0.96 | 1.15 | 0.94 | 0.79 | 0.69 | 1.17 | 0.99 | 0.86 | 0.76 |
| black tea | 2.65 | 2.14 | 1.65 | 1.27 | 0.97 | 0.91 | 1.40 | 1.11 | 0.95 | 1.13 | 0.92 | 0.78 | 0.68 | 1.16 | 0.98 | 0.85 | 0.75 |
| black tea | 5.44 | 4.40 | 3.39 | 2.61 | 2.00 | 1.87 | 2.89 | 2.27 | 1.95 | 2.32 | 1.90 | 1.61 | 1.39 | 2.38 | 2.01 | 1.74 | 1.54 |
| black tea | 7.33 | 5.92 | 4.56 | 3.52 | 2.69 | 2.51 | 3.89 | 3.06 | 2.62 | 3.13 | 2.56 | 2.16 | 1.88 | 3.20 | 2.71 | 2.34 | 2.07 |
| black tea | 1.90 | 1.54 | 1.18 | 0.91 | 0.70 | 0.65 | 1.01 | 0.79 | 0.68 | 0.81 | 0.66 | 0.56 | 0.49 | 0.83 | 0.70 | 0.61 | 0.54 |
| black tea | 2.23 | 1.80 | 1.39 | 1.07 | 0.82 | 0.77 | 1.18 | 0.93 | 0.80 | 0.95 | 0.78 | 0.66 | 0.57 | 0.97 | 0.82 | 0.71 | 0.63 |
| black tea | 1.94 | 1.57 | 1.21 | 0.93 | 0.71 | 0.66 | 1.03 | 0.81 | 0.69 | 0.83 | 0.68 | 0.57 | 0.50 | 0.85 | 0.72 | 0.62 | 0.55 |
| black tea | 2.82 | 2.28 | 1.75 | 1.35 | 1.03 | 0.97 | 1.50 | 1.18 | 1.01 | 1.20 | 0.98 | 0.83 | 0.72 | 1.23 | 1.04 | 0.90 | 0.80 |
| black tea | 1.36 | 1.10 | 0.85 | 0.65 | 0.50 | 0.47 | 0.72 | 0.57 | 0.49 | 0.58 | 0.48 | 0.40 | 0.35 | 0.60 | 0.50 | 0.44 | 0.39 |
| green tea | 5.95 | 4.81 | 3.70 | 2.85 | 2.18 | 2.04 | 3.15 | 2.48 | 2.13 | 2.54 | 2.08 | 1.76 | 1.52 | 2.59 | 2.20 | 1.90 | 1.68 |
| green tea | 4.91 | 3.97 | 3.06 | 2.36 | 1.80 | 1.68 | 2.61 | 2.05 | 1.76 | 2.10 | 1.71 | 1.45 | 1.26 | 2.14 | 1.81 | 1.57 | 1.39 |
| green tea | 2.49 | 2.02 | 1.55 | 1.20 | 0.91 | 0.85 | 1.32 | 1.04 | 0.89 | 1.06 | 0.87 | 0.74 | 0.64 | 1.09 | 0.92 | 0.80 | 0.70 |
| green tea | 1.01 | 0.82 | 0.63 | 0.49 | 0.37 | 0.35 | 0.54 | 0.42 | 0.36 | 0.43 | 0.35 | 0.30 | 0.26 | 0.44 | 0.37 | 0.32 | 0.29 |
| green tea | 1.06 | 0.85 | 0.66 | 0.51 | 0.39 | 0.36 | 0.56 | 0.44 | 0.38 | 0.45 | 0.37 | 0.31 | 0.27 | 0.46 | 0.39 | 0.34 | 0.30 |
| white tea | 2.74 | 2.22 | 1.71 | 1.32 | 1.01 | 0.94 | 1.46 | 1.15 | 0.98 | 1.17 | 0.96 | 0.81 | 0.70 | 1.20 | 1.01 | 0.88 | 0.77 |
| white tea | 2.87 | 2.32 | 1.78 | 1.38 | 1.05 | 0.98 | 1.52 | 1.20 | 1.03 | 1.22 | 1.00 | 0.85 | 0.73 | 1.25 | 1.06 | 0.92 | 0.81 |
| white tea | 1.36 | 1.10 | 0.85 | 0.65 | 0.50 | 0.47 | 0.72 | 0.57 | 0.49 | 0.58 | 0.48 | 0.40 | 0.35 | 0.60 | 0.50 | 0.44 | 0.39 |
| earl grey | 4.95 | 4.00 | 3.08 | 2.37 | 1.82 | 1.70 | 2.62 | 2.07 | 1.77 | 2.11 | 1.73 | 1.46 | 1.27 | 2.16 | 1.83 | 1.58 | 1.40 |
| earl grey | 2.78 | 2.25 | 1.73 | 1.34 | 1.02 | 0.95 | 1.48 | 1.16 | 1.00 | 1.19 | 0.97 | 0.82 | 0.71 | 1.21 | 1.03 | 0.89 | 0.79 |
| earl grey | 0.87 | 0.71 | 0.54 | 0.42 | 0.32 | 0.30 | 0.46 | 0.36 | 0.31 | 0.37 | 0.30 | 0.26 | 0.22 | 0.38 | 0.32 | 0.28 | 0.25 |
| pu-erh | 3.20 | 2.59 | 1.99 | 1.54 | 1.17 | 1.10 | 1.70 | 1.34 | 1.15 | 1.37 | 1.12 | 0.95 | 0.82 | 1.40 | 1.18 | 1.02 | 0.90 |
| pu-erh | 2.64 | 2.13 | 1.64 | 1.27 | 0.97 | 0.90 | 1.40 | 1.10 | 0.94 | 1.12 | 0.92 | 0.78 | 0.67 | 1.15 | 0.97 | 0.84 | 0.74 |
| pu-erh | 1.44 | 1.17 | 0.90 | 0.69 | 0.53 | 0.49 | 0.76 | 0.60 | 0.52 | 0.61 | 0.50 | 0.43 | 0.37 | 0.63 | 0.53 | 0.46 | 0.41 |

* DI - average daily intake rate of tea.

Table S7. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea: DI50%, tea [g]: water [mL] ratio: 2:100; time of brewing: 15 min.

| | Children | | | Girls | | | Boys | | | Women | | | | Men | | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 0.67 | 0.68 | 0.70 | 0.74 | 0.82 | 0.88 | 0.70 | 0.70 | 0.70 | 0.70 | 0.88 | 0.88 | 0.88 | 0.88 |
| black tea | 4.96 | 4.01 | 3.09 | 2.38 | 1.82 | 1.70 | 2.63 | 2.07 | 1.78 | 2.12 | 1.73 | 1.47 | 1.27 | 2.17 | 1.83 | 1.59 | 1.40 |
| black tea | 3.09 | 2.50 | 1.92 | 1.48 | 1.13 | 1.06 | 1.64 | 1.29 | 1.11 | 1.32 | 1.08 | 0.91 | 0.79 | 1.35 | 1.14 | 0.99 | 0.87 |
| black tea | 2.97 | 2.40 | 1.85 | 1.42 | 1.09 | 1.02 | 1.57 | 1.24 | 1.06 | 1.27 | 1.04 | 0.88 | 0.76 | 1.30 | 1.10 | 0.95 | 0.84 |
| black tea | 7.41 | 5.99 | 4.61 | 3.56 | 2.72 | 2.54 | 3.93 | 3.10 | 2.65 | 3.16 | 2.59 | 2.19 | 1.90 | 3.23 | 2.74 | 2.37 | 2.09 |
| black tea | 8.21 | 6.64 | 5.11 | 3.94 | 3.02 | 2.82 | 4.36 | 3.43 | 2.94 | 3.50 | 2.87 | 2.43 | 2.10 | 3.58 | 3.03 | 2.63 | 2.32 |
| black tea | 2.56 | 2.07 | 1.59 | 1.23 | 0.94 | 0.88 | 1.36 | 1.07 | 0.92 | 1.09 | 0.89 | 0.76 | 0.66 | 1.12 | 0.95 | 0.82 | 0.72 |
| black tea | 2.54 | 2.05 | 1.58 | 1.22 | 0.93 | 0.87 | 1.35 | 1.06 | 0.91 | 1.08 | 0.89 | 0.75 | 0.65 | 1.11 | 0.94 | 0.81 | 0.72 |
| black tea | 2.30 | 1.86 | 1.43 | 1.10 | 0.84 | 0.79 | 1.22 | 0.96 | 0.82 | 0.98 | 0.80 | 0.68 | 0.59 | 1.00 | 0.85 | 0.74 | 0.65 |
| black tea | 3.58 | 2.90 | 2.23 | 1.72 | 1.32 | 1.23 | 1.90 | 1.50 | 1.28 | 1.53 | 1.25 | 1.06 | 0.92 | 1.56 | 1.32 | 1.15 | 1.01 |
| black tea | 1.67 | 1.35 | 1.04 | 0.80 | 0.61 | 0.57 | 0.89 | 0.70 | 0.60 | 0.71 | 0.58 | 0.49 | 0.43 | 0.73 | 0.62 | 0.54 | 0.47 |
| green tea | 5.96 | 4.82 | 3.71 | 2.86 | 2.19 | 2.05 | 3.16 | 2.49 | 2.14 | 2.54 | 2.08 | 1.76 | 1.53 | 2.60 | 2.20 | 1.91 | 1.68 |
| green tea | 5.46 | 4.42 | 3.40 | 2.62 | 2.00 | 1.87 | 2.90 | 2.28 | 1.96 | 2.33 | 1.91 | 1.61 | 1.40 | 2.38 | 2.02 | 1.75 | 1.54 |
| green tea | 2.90 | 2.34 | 1.80 | 1.39 | 1.06 | 0.99 | 1.54 | 1.21 | 1.04 | 1.24 | 1.01 | 0.86 | 0.74 | 1.26 | 1.07 | 0.93 | 0.82 |
| green tea | 1.21 | 0.98 | 0.75 | 0.58 | 0.44 | 0.42 | 0.64 | 0.51 | 0.43 | 0.52 | 0.42 | 0.36 | 0.31 | 0.53 | 0.45 | 0.39 | 0.34 |
| green tea | 1.15 | 0.93 | 0.71 | 0.55 | 0.42 | 0.39 | 0.61 | 0.48 | 0.41 | 0.49 | 0.40 | 0.34 | 0.29 | 0.50 | 0.42 | 0.37 | 0.32 |
| white tea | 3.01 | 2.43 | 1.87 | 1.44 | 1.10 | 1.03 | 1.60 | 1.26 | 1.08 | 1.28 | 1.05 | 0.89 | 0.77 | 1.31 | 1.11 | 0.96 | 0.85 |
| white tea | 3.03 | 2.45 | 1.88 | 1.45 | 1.11 | 1.04 | 1.61 | 1.27 | 1.08 | 1.29 | 1.06 | 0.89 | 0.78 | 1.32 | 1.12 | 0.97 | 0.86 |
| white tea | 1.44 | 1.17 | 0.90 | 0.69 | 0.53 | 0.49 | 0.76 | 0.60 | 0.52 | 0.61 | 0.50 | 0.43 | 0.37 | 0.63 | 0.53 | 0.46 | 0.41 |
| earl grey | 5.74 | 4.64 | 3.57 | 2.75 | 2.11 | 1.97 | 3.04 | 2.40 | 2.06 | 2.45 | 2.00 | 1.70 | 1.47 | 2.50 | 2.12 | 1.84 | 1.62 |
| earl grey | 3.56 | 2.88 | 2.22 | 1.71 | 1.31 | 1.22 | 1.89 | 1.49 | 1.28 | 1.52 | 1.24 | 1.05 | 0.91 | 1.55 | 1.31 | 1.14 | 1.01 |
| earl grey | 0.99 | 0.80 | 0.62 | 0.48 | 0.36 | 0.34 | 0.53 | 0.41 | 0.36 | 0.42 | 0.35 | 0.29 | 0.25 | 0.43 | 0.37 | 0.32 | 0.28 |
| pu-erh | 3.25 | 2.63 | 2.02 | 1.56 | 1.19 | 1.11 | 1.72 | 1.36 | 1.16 | 1.39 | 1.13 | 0.96 | 0.83 | 1.42 | 1.20 | 1.04 | 0.92 |
| pu-erh | 2.86 | 2.31 | 1.78 | 1.37 | 1.05 | 0.98 | 1.52 | 1.19 | 1.02 | 1.22 | 1.00 | 0.84 | 0.73 | 1.25 | 1.05 | 0.91 | 0.81 |
| pu-erh | 1.66 | 1.34 | 1.03 | 0.80 | 0.61 | 0.57 | 0.88 | 0.69 | 0.59 | 0.71 | 0.58 | 0.49 | 0.42 | 0.72 | 0.61 | 0.53 | 0.47 |

* DI - average daily intake rate of tea.

Table S8. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea for age groups above 12 years is 1 L, tea [g]: water [mL] ratio: 2:100; time of brewing: 5 min.

| | Children | | | Girls | | | Boys | | | Women | | | Men | | | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| black tea | 3.85 | 3.12 | 2.40 | 2.78 | 2.07 | 1.89 | 2.78 | 1.96 | 1.58 | 2.35 | 1.92 | 1.63 | 1.41 | 1.92 | 1.63 | 1.41 | 1.24 |
| black tea | 2.69 | 2.17 | 1.67 | 1.94 | 1.45 | 1.32 | 1.94 | 1.37 | 1.10 | 1.64 | 1.34 | 1.13 | 0.98 | 1.34 | 1.13 | 0.98 | 0.87 |
| black tea | 2.65 | 2.14 | 1.65 | 1.91 | 1.42 | 1.30 | 1.91 | 1.34 | 1.08 | 1.61 | 1.32 | 1.12 | 0.97 | 1.32 | 1.12 | 0.97 | 0.85 |
| black tea | 5.44 | 4.40 | 3.39 | 3.93 | 2.93 | 2.67 | 3.93 | 2.77 | 2.23 | 3.32 | 2.72 | 2.30 | 1.99 | 2.72 | 2.30 | 1.99 | 1.76 |
| black tea | 7.33 | 5.92 | 4.56 | 5.29 | 3.94 | 3.59 | 5.29 | 3.72 | 3.00 | 4.47 | 3.65 | 3.09 | 2.68 | 3.65 | 3.09 | 2.68 | 2.36 |
| black tea | 1.90 | 1.54 | 1.18 | 1.37 | 1.02 | 0.93 | 1.37 | 0.97 | 0.78 | 1.16 | 0.95 | 0.80 | 0.70 | 0.95 | 0.80 | 0.70 | 0.61 |
| black tea | 2.23 | 1.80 | 1.39 | 1.61 | 1.20 | 1.09 | 1.61 | 1.13 | 0.91 | 1.36 | 1.11 | 0.94 | 0.82 | 1.11 | 0.94 | 0.82 | 0.72 |
| black tea | 1.94 | 1.57 | 1.21 | 1.40 | 1.04 | 0.95 | 1.40 | 0.98 | 0.79 | 1.18 | 0.97 | 0.82 | 0.71 | 0.97 | 0.82 | 0.71 | 0.63 |
| black tea | 2.82 | 2.28 | 1.75 | 2.04 | 1.52 | 1.38 | 2.04 | 1.43 | 1.15 | 1.72 | 1.41 | 1.19 | 1.03 | 1.41 | 1.19 | 1.03 | 0.91 |
| black tea | 1.36 | 1.10 | 0.85 | 0.98 | 0.73 | 0.67 | 0.98 | 0.69 | 0.56 | 0.83 | 0.68 | 0.58 | 0.50 | 0.68 | 0.58 | 0.50 | 0.44 |
| green tea | 5.95 | 4.81 | 3.70 | 4.29 | 3.20 | 2.91 | 4.29 | 3.02 | 2.43 | 3.62 | 2.97 | 2.51 | 2.17 | 2.97 | 2.51 | 2.17 | 1.92 |
| green tea | 4.91 | 3.97 | 3.06 | 3.54 | 2.64 | 2.41 | 3.54 | 2.49 | 2.01 | 2.99 | 2.45 | 2.07 | 1.80 | 2.45 | 2.07 | 1.80 | 1.58 |
| green tea | 2.49 | 2.02 | 1.55 | 1.80 | 1.34 | 1.22 | 1.80 | 1.27 | 1.02 | 1.52 | 1.24 | 1.05 | 0.91 | 1.24 | 1.05 | 0.91 | 0.80 |
| green tea | 1.01 | 0.82 | 0.63 | 0.73 | 0.54 | 0.50 | 0.73 | 0.51 | 0.41 | 0.62 | 0.50 | 0.43 | 0.37 | 0.50 | 0.43 | 0.37 | 0.33 |
| green tea | 1.06 | 0.85 | 0.66 | 0.76 | 0.57 | 0.52 | 0.76 | 0.54 | 0.43 | 0.64 | 0.53 | 0.45 | 0.39 | 0.53 | 0.45 | 0.39 | 0.34 |
| white tea | 2.74 | 2.22 | 1.71 | 1.98 | 1.48 | 1.34 | 1.98 | 1.39 | 1.12 | 1.67 | 1.37 | 1.16 | 1.00 | 1.37 | 1.16 | 1.00 | 0.89 |
| white tea | 2.87 | 2.32 | 1.78 | 2.07 | 1.54 | 1.40 | 2.07 | 1.46 | 1.17 | 1.75 | 1.43 | 1.21 | 1.05 | 1.43 | 1.21 | 1.05 | 0.93 |
| white tea | 1.36 | 1.10 | 0.85 | 0.98 | 0.73 | 0.67 | 0.98 | 0.69 | 0.56 | 0.83 | 0.68 | 0.58 | 0.50 | 0.68 | 0.58 | 0.50 | 0.44 |
| earl grey | 4.95 | 4.00 | 3.08 | 3.57 | 2.66 | 2.42 | 3.57 | 2.51 | 2.02 | 3.01 | 2.47 | 2.09 | 1.81 | 2.47 | 2.09 | 1.81 | 1.60 |
| earl grey | 2.78 | 2.25 | 1.73 | 2.01 | 1.50 | 1.36 | 2.01 | 1.41 | 1.14 | 1.70 | 1.39 | 1.17 | 1.02 | 1.39 | 1.17 | 1.02 | 0.90 |
| earl grey | 0.87 | 0.71 | 0.54 | 0.63 | 0.47 | 0.43 | 0.63 | 0.44 | 0.36 | 0.53 | 0.44 | 0.37 | 0.32 | 0.44 | 0.37 | 0.32 | 0.28 |
| pu-erh | 3.20 | 2.59 | 1.99 | 2.31 | 1.72 | 1.57 | 2.31 | 1.63 | 1.31 | 1.95 | 1.60 | 1.35 | 1.17 | 1.60 | 1.35 | 1.17 | 1.03 |
| pu-erh | 2.64 | 2.13 | 1.64 | 1.90 | 1.42 | 1.29 | 1.90 | 1.34 | 1.08 | 1.61 | 1.31 | 1.11 | 0.96 | 1.31 | 1.11 | 0.96 | 0.85 |
| pu-erh | 1.44 | 1.17 | 0.90 | 1.04 | 0.78 | 0.71 | 1.04 | 0.73 | 0.59 | 0.88 | 0.72 | 0.61 | 0.53 | 0.72 | 0.61 | 0.53 | 0.47 |

* DI - average daily intake rate of tea.

Table S9. THQ parameter determined based on the results of the work of Szmagara et al. [1] obtained under the following brewing conditions: average daily intake rate of tea for age groups above 12 years is 1 L, tea [g]: water [mL] ratio: 2:100; time of brewing: 15 min.

| | Children | | | Girls | | | Boys | | | Women | | | Men | | |
|-------------|----------|------|------|-------|------|------|------|------|------|-------|------|------|------|------|------|
| DI* (L/day) | 0.44 | 0.56 | 0.61 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| black tea | 4.96 | 4.01 | 3.09 | 3.58 | 2.67 | 2.43 | 3.58 | 2.52 | 2.03 | 3.03 | 2.48 | 2.09 | 1.82 | 2.48 | 2.09 |
| black tea | 3.09 | 2.50 | 1.92 | 2.23 | 1.66 | 1.51 | 2.23 | 1.57 | 1.26 | 1.88 | 1.54 | 1.30 | 1.13 | 1.54 | 1.30 |
| black tea | 2.97 | 2.40 | 1.85 | 2.14 | 1.60 | 1.45 | 2.14 | 1.51 | 1.21 | 1.81 | 1.48 | 1.25 | 1.09 | 1.48 | 1.25 |
| black tea | 7.41 | 5.99 | 4.61 | 5.35 | 3.99 | 3.63 | 5.35 | 3.76 | 3.03 | 4.52 | 3.70 | 3.13 | 2.71 | 3.70 | 3.13 |
| black tea | 8.21 | 6.64 | 5.11 | 5.93 | 4.42 | 4.02 | 5.93 | 4.17 | 3.36 | 5.01 | 4.10 | 3.47 | 3.00 | 4.10 | 3.47 |
| black tea | 2.56 | 2.07 | 1.59 | 1.85 | 1.38 | 1.25 | 1.85 | 1.30 | 1.05 | 1.56 | 1.28 | 1.08 | 0.94 | 1.28 | 1.08 |
| black tea | 2.54 | 2.05 | 1.58 | 1.83 | 1.36 | 1.24 | 1.83 | 1.29 | 1.04 | 1.55 | 1.27 | 1.07 | 0.93 | 1.27 | 1.07 |
| black tea | 2.30 | 1.86 | 1.43 | 1.66 | 1.24 | 1.13 | 1.66 | 1.17 | 0.94 | 1.40 | 1.15 | 0.97 | 0.84 | 1.15 | 0.97 |
| black tea | 3.58 | 2.90 | 2.23 | 2.59 | 1.93 | 1.75 | 2.59 | 1.82 | 1.47 | 2.18 | 1.79 | 1.51 | 1.31 | 1.79 | 1.51 |
| black tea | 1.67 | 1.35 | 1.04 | 1.21 | 0.90 | 0.82 | 1.21 | 0.85 | 0.68 | 1.02 | 0.83 | 0.71 | 0.61 | 0.83 | 0.71 |
| green tea | 5.96 | 4.82 | 3.71 | 4.31 | 3.21 | 2.92 | 4.31 | 3.03 | 2.44 | 3.64 | 2.97 | 2.52 | 2.18 | 2.97 | 2.52 |
| green tea | 5.46 | 4.42 | 3.40 | 3.94 | 2.94 | 2.68 | 3.94 | 2.77 | 2.24 | 3.33 | 2.72 | 2.30 | 2.00 | 2.72 | 2.30 |
| green tea | 2.90 | 2.34 | 1.80 | 2.09 | 1.56 | 1.42 | 2.09 | 1.47 | 1.19 | 1.77 | 1.44 | 1.22 | 1.06 | 1.44 | 1.22 |
| green tea | 1.21 | 0.98 | 0.75 | 0.87 | 0.65 | 0.59 | 0.87 | 0.62 | 0.50 | 0.74 | 0.60 | 0.51 | 0.44 | 0.60 | 0.51 |
| green tea | 1.15 | 0.93 | 0.71 | 0.83 | 0.62 | 0.56 | 0.83 | 0.58 | 0.47 | 0.70 | 0.57 | 0.48 | 0.42 | 0.57 | 0.48 |
| white tea | 3.01 | 2.43 | 1.87 | 2.17 | 1.62 | 1.47 | 2.17 | 1.53 | 1.23 | 1.83 | 1.50 | 1.27 | 1.10 | 1.50 | 1.27 |
| white tea | 3.03 | 2.45 | 1.88 | 2.19 | 1.63 | 1.48 | 2.19 | 1.54 | 1.24 | 1.85 | 1.51 | 1.28 | 1.11 | 1.51 | 1.28 |
| white tea | 1.44 | 1.17 | 0.90 | 1.04 | 0.78 | 0.71 | 1.04 | 0.73 | 0.59 | 0.88 | 0.72 | 0.61 | 0.53 | 0.72 | 0.61 |
| earl grey | 5.74 | 4.64 | 3.57 | 4.14 | 3.09 | 2.81 | 4.14 | 2.91 | 2.35 | 3.50 | 2.86 | 2.42 | 2.10 | 2.86 | 2.42 |
| earl grey | 3.56 | 2.88 | 2.22 | 2.57 | 1.92 | 1.74 | 2.57 | 1.81 | 1.46 | 2.17 | 1.78 | 1.50 | 1.30 | 1.78 | 1.50 |
| earl grey | 0.99 | 0.80 | 0.62 | 0.72 | 0.53 | 0.49 | 0.72 | 0.50 | 0.41 | 0.61 | 0.50 | 0.42 | 0.36 | 0.50 | 0.42 |
| pu-erh | 3.25 | 2.63 | 2.02 | 2.34 | 1.75 | 1.59 | 2.34 | 1.65 | 1.33 | 1.98 | 1.62 | 1.37 | 1.19 | 1.62 | 1.37 |
| pu-erh | 2.86 | 2.31 | 1.78 | 2.06 | 1.54 | 1.40 | 2.06 | 1.45 | 1.17 | 1.74 | 1.42 | 1.21 | 1.04 | 1.42 | 1.21 |
| pu-erh | 1.66 | 1.34 | 1.03 | 1.20 | 0.89 | 0.81 | 1.20 | 0.84 | 0.68 | 1.01 | 0.83 | 0.70 | 0.61 | 0.83 | 0.70 |

* DI - average daily intake rate of tea.

References

1. Szmagara, A.; Krzyszczyk, A.; Stefaniak, E.A. Determination of Fluoride Content in Teas and Herbal Products Popular in Poland. *J. Environ. Heal. Sci. Eng.* **2022**, *20*, 717–727, doi:10.1007/s40201-022-00811-4.