

Special Issue

Green Tea: Towards a Multifunctional Beverage

Message from the Guest Editor

Green tea is produced by promptly applying heat treatment to the leaves of the tea plant (*Camellia sinensis*) after picking. This stops enzymatic reactions within the leaves. Its variants include matcha, gyokuro, and sencha. The main components of green tea include catechins, caffeine, and amino acids like theanine.

Numerous studies have examined the functional properties of green tea's various components. Research on the pharmacological effects of caffeine has also been ongoing for many years. Furthermore, in recent years, the functionality of theanine, an amino acid unique to tea plants, has gained attention, particularly its effects on stress and sleep. With the growing interest in the functionality of green tea, this Special Issue invites papers discussing the following topics:

1. Rather than the individual functions of these components, what kind of functional characteristics can be expected when green tea is consumed "as a whole"? What types of green tea are there and in what quantities should they be consumed? What are the underlying interactions and functional mechanisms behind these effects?
2. New functionalities and their mechanisms of components found in green tea.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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