

Antioxidant Effects of *Camellia sinensis* (Green tea, Oolong tea, Black tea, Puerh tea) Extracts

Youn Ock Jo, Il Sook Choi, Sung Ja Koo*

Department of Food & Nutrition, Kyung-hee University, Seoul Korea

Tea appears to be an effective chemopreventive agent for toxic chemicals and carcinogens. This study was conducted to investigate the effect of *Camellia sinensis* (Green tea, Oolong tea, Black tea, Puerh tea) extracts on the antioxidant defense systems. They were divided into four groups: green tea (GT), oolong tea (OT), black tea (BT) and puerh tea (PT). Scavenging effects of GT almost radicals significantly increased when compared with that of OT, BT and PT ($p < 0.05$). But superoxide radical scavenging activity of BT was significantly higher than that of GT, OT and PT. The content of polyphenol compounds were significantly higher in OT than in GT, BT and PT. The flavonoid content of BT were significantly higher than that of GT, OT and PT. The content of vitamin C was significantly higher in GT than in OT, BT and PT. These results suggested that GT had an excellent antioxidant effect. Flavonoids contents and superoxide radical scavenging activity had a high correlation.

Corresponding author: Sung-Ja Koo (sjkoo@khu.ac.kr)