

# Чай и л-теанин

Л-теанин есть во всех видах чая, кроме пуэра. причем примерно в одинаковом количестве

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4787341/>

The mean L-theanine content of white, green, oolong, and black teas were 6.26, 6.56, 6.09, and 5.13 mg/g, respectively. The same values for caffeine content were 16.79, 16.28, 19.31, and 17.73 mg/g.

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