

Tea Guide

Know Your Teas



Join the Tea Culture...

Embrace Premium Teas

Drink Your Way to Health...

www.budwhitetea.com

Frequently Asked Questions ...

- Are teas really good for health? Are all teas good for health?
- What are different types of teas? How do I select the right tea?
- How do I brew a nice cup of tea? Should tea be taken with milk and sugar? Can tea leaves be used multiple times?
- I want to make my own tea in the office using healthy loose tea leaves. However, I don't have the facility to brew my own tea in the office! Is there a simple solution?
- How do I make Ice Tea? Are Ice teas made from some special type of tea leaves?
- How much caffeine does a cup of tea contain? How much tea can be safely consumed in a day? How can I lower the amount of caffeine in my cup?
- Why are pyramid tea bags used?
- Why are Budwhite Teas good? What are the Budwhite Tea varieties? Where do I buy these teas?
- Etc ...

Q: Are teas really good for health? Are all teas good for health?

A: Teas in general are good for health as these have anti-oxidants (Flavonoids and Catechins) that scavenge free radicals. Our body creates free radicals as a bi-product of living. These free radicals attempt to oxidize lipids, contributing to old-age diseases. Catechins have been shown to be more effective scavengers than other antioxidants like vitamins C and E, making them very good for human systems.

Teas in general are anti-bacterial, anti-viral, anti-depressant, and boost immunity against cancer and other diseases. They also control bad cholesterol and artery clogging, lower blood pressure, relieve the stress and help in digestion. Some teas also prevent tooth cavities, bad breath and have anti-ageing properties.

However, the extent of health benefits varies on various factors:

- Presence of anti-oxidants in the tea, which in turn depends upon the way tea is processed and fermented. For example, White and Green teas are least processed, and have high levels of anti-oxidants than Black teas. Oolong tea is somewhere in between.
- ‘Whole leaves’ are less oxidized (and therefore have higher levels of anti-oxidants) than ‘Broken leaves’, ‘Fanning’ and ‘Dust’. Most of the common teas available in the market are made of ‘Dust’.
- Organic teas are better as these don’t have pesticides.
- Once milk is added, tea loses its health properties to a large extent.

The health benefits mentioned in this tea guide are based upon numerous articles available in various print and digital media.

Q: What are different types of teas? How do I select the right tea?

A: All leaf teas come from the same tea plant called ‘Camellia Sinensis’ but vary based upon the region, harvesting period during the year, age and part of the tea plant, and the way tea leaves are processed (fermentation/oxidation) after being plucked. Teas can be classified in the following six categories:

Black Teas:



These teas come in two forms; CTC (crush-tear-curl) and ‘Orthodox’. CTC teas have very little amount of anti-oxidants and health properties left! Orthodox teas are further classified based upon the tea leaves (Whole leaf, Broken leaf, Fanning and Dust). ‘Whole Leaf’ teas are best from the health point of view. Darjeeling teas have best aroma as these are grown at higher altitude and running water on the sloppy hills. Assam teas are strong in taste.

These teas are anti-bacterial, anti-viral, anti-depressant, and boost immunity against cancer and other diseases. They also control bad cholesterol and artery clogging.

Green Teas:



These teas are gaining maximum popularity in China, Japan, USA and European countries. 72% of the tea consumed in China is Green tea! These teas are not oxidized, and therefore contain a higher level of anti-oxidants (Flavonoids and Catechins).

The Green Teas provide health benefits associated with 'Black Tea' but at a higher degree. In addition, these teas lower blood pressure, relieve the stress and help in digestion. These also prevent tooth cavities and bad breath.

Oolong Teas:



These teas are somewhere in between Black and Green teas in terms of fermentation/ level of oxidation. In addition to the health benefits associated with Black and Green teas, these teas are considered good for reducing fat.

White Teas:



These are the best teas worldwide, and carry maximum health benefits. These are made of tea buds and two leaves that are plucked at a very young stage when they have White hair on the leaves. After plucking, these are not allowed to oxidize. A special variety of White tea consists of only 'tea buds' and is called 'Silver Needle'. Only a small quantity of White tea comes out from a large plantation area, and that is why White tea is expensive.

The White tea offers normal benefits of Black and Green tea, but at a higher level, e.g as immunity booster against cancer, heart stroke, bacterial infection and other diseases. Additionally, White teas delay skin ageing and prevent tooth cavities and type-2 Diabetes.

Herbal Teas:



These teas are made of pure herbs (e.g. Chamomile, Lemongrass, Nettle, Tulsi etc). These herbs support general well being, immune system, and counter multiple weaknesses due to nutritional deficiencies of today's city life.

Flavored Teas:



These teas are flavored using fruits, flowers, herbs and spices. Flavored teas are becoming popular on account of varied tastes to suit an individual's taste buds. Normally, Black, Green and Oolong teas are used for flavoring. The flavoring is normally done with:

- Fruits, fruit peels e.g. Orange, Apple, Peach etc
- Flowers e.g. Rose, Jasmine
- Spices, e.g. Cardamom, Black and White Pepper, Clove, Cinamom etc
- Herbs e.g. Chamomile, Tulsi etc

Q: How are 'organic' teas different from others?

A: The label 'organic' has nothing to do with the tea leaf variety itself, just that the tea bush, *Camellia Sinensis*, is grown free of any artificial pesticides, herbicides, synthetic fertilizers, plant growth regulators and chemical food additives. There are environmental and health benefits to buying organic products. Also, organic teas are said to have a better and more robust flavor.

Many tea estates are converting themselves to organic. It takes a minimum of three years to do this conversion. During this period, the yield per acre goes down by 40% or so. As a result, organic teas are expensive. Most of the organic tea estates are in Darjeeling. Assam has very few organic tea estates.

Q: How do I differentiate good teas from others?

A: While it is a very specialized area, you can use the following tips to identify good teas:

- The best teas contain only the buds (tips) and two leaves at the top of the tea plant. Tips are small unopened leaves of tea plant and are golden/white in color. Premium teas have higher percentage of such tips.
- The tea leaves should be 'Whole leaf' as against 'Broken leaves', 'Fanning' and 'Dust'.
- Big leaves do not mean 'good' tea. Since the best teas contain only the bud and two leaves at the top of the plant (called 'Flowery Orange Pekoe', 'Orange Pekoe' and 'Pekoe'), these leaves are small in size. As you move down the tea plant, the leaf size increases. However, these big sized leaves are not so good!
- Feel the aroma. Over a period of time, you'll be able to differentiate teas based upon it's aroma. Tea leaves produced during March – June (1st and 2nd Flush) have good aroma.
- Teas grown organically without using chemicals and pesticides are good for health.

- Finally, you can develop the art of tasting the tea. It is a very specialized area where a tea taster uses a large spoon and noisily slurps the liquid into his/her mouth, and rolls it over the tongue - this ensures that both the tea and plenty of oxygen is passed over all the taste receptors on the tongue to give an even taste profile of the tea.

Q: How do I brew a nice cup of tea? Should tea be taken with milk and sugar? Can tea leaves be used multiple times?



Producing the perfect cup of tea is a tricky process. If not handled properly, those same polyphenols that provide health benefits can ruin the flavor, making the tea taste “grassy” or bitter.

Put loose tea leaves, either directly in a teapot or in a tea infuser and pour hot water over the leaves. After a couple of minutes the leaves are usually removed again, either by removing the infuser, or by straining the tea while serving. Do not add milk. As soon as you add milk, most of the health properties of teas are lost. While it is best to avoid, you may add sugar or honey as per your taste.

The best temperature for brewing tea depends on its type. Teas that have little or no oxidation period, such as a Green or White tea, are best brewed at lower temperatures, between 65 and 85°C, while teas with longer oxidation periods should be brewed at higher temperatures around 100 °C. The higher temperatures are required to extract the large, complex, flavorful phenolic molecules found in fermented teas. Never use boiling water to prepare your White or Green tea. Water at this temperature will cook the leaves and destroy the tea and its flavor, creating a bitter tasting tea. Steeping time should be balanced with water temperature: the lower the temperature, the longer the tea can be steeped. Use approximately 2 grams of tea (1 teaspoon) per cup to make a perfect tasting tea. You should use Whole leaf teas for more than one infusion, and this is a common practice throughout the world.

Also, when you are bringing water to a complete boil, do not boil it for too long. This will deplete the oxygen in the water too much, and your tea won't taste as nice. This is also the reason why you need to use fresh water every time you are making tea because with repeated boiling the oxygen in the water gets depleted.

Here is the table to help you make that perfect cup!

Steps	White	Green	Oolong	Black	Herbal	Herbal Green
Boil the water (Use fresh water every time, and do not boil for too long). Let it cool down to this temperature	90 °C	85 °C	99 °C	99 °C	99 °C	90 °C
Put 2 gms tea leaves or a tea bag per cup of 200 cc water and allow it to brew for the time indicated before serving	4-5 Min	2 Min	2-3 Min	2-3 Min	4-5 Min	3 Min
Reuse same tea or tea bag	2-3 times	1-2 times	1-2times	One time	One time	One time
Increase steeping during subsequent reuses by	1-2 min	30 Sec	30 Sec	30 Sec	1 min	1 min
Colour	Pale yellow	Yellow	Yellow	Dark Chocolate	Yellow	Yellow + Herb Color

Flavored teas should be brewed as per their base tea variety (e.g. Black tea, Green Tea etc).

Q: I like Green tea once in a while. However, I find it bitter, and don't like the taste!

A: Green tea becomes bitter if you put tea leaves in boiling water, or brew it for more than 2 minutes. In order to reduce bitterness, you should boil the water and allow it to cool down to 80-85 °C. Thereafter, add tea leaves (2-2.5 grams/cup or one tea spoon/cup) and brew for 1.5 – 2 minutes.

Q: I want to make my own tea in the office using healthy loose tea leaves of my choice. However, I don't have the facility to brew my own tea in the office! As a result, I end up taking machine tea using typical tea bags containing tea Dust! Is there a simple solution?

Yes. There are special type of tea strainers/infusers made of steel/brass that allow you to do make tea in the office as long as you get hot water. These infusers have a steel ball or wire mesh that can be opened in two halves to put the tea leaves. These infusers can be dipped into hot water for the required time, and then taken out.

Since Whole leaf teas should be used multiple times, these infusers/strainers also provide convenience in reusing the tea leaves.



These infusers/strainers are available in many innovative designs/shapes, which make tea drinking experience interesting.

Q: Why are pyramid tea bags used?



A: Whole leaf teas are premium quality leaves, both from the taste as well as health point of view. These leaves need sufficient space to expand while being brewed. Normal tea bags don't have sufficient space for the Whole leaf teas to expand. Therefore, premium teas are used either in loose form or in pyramid shaped tea bags.

Q: How do I make Ice Tea? Are Ice teas made from some special type of tea leaves?

A: Ice teas provide a good healthy substitute to various forms of colas and other carbonated drinks. The ice teas are prepared with a variety of fruit flavors, and are becoming increasingly popular and fashionable in society.



Iced tea is a generic term for any tea that is consumed chilled. Normal Black or Green teas are used as the base for Ice teas. Of late, the fruit is infused into the tea before packaging in the tea bags to make flavored iced tea. Another variant is to add fresh fruit pulp in the ice tea made of normal Black or Green teas. Here are the steps to make the ice tea:

1. Use two tea bags/4 gms in 250 ml water
2. Brew for 5-10 mins according to taste
3. Add sugar/fruit pulp as per taste
4. Allow to cool completely in glass pitcher.
5. Refrigerate for 2-3 hours and serve chilled. Add ice cubes as required.
6. Use a slice of orange or lemon to improve taste or for garnishing.

You should use full leaf Green or Black tea as the base, with or without any fruit flavoring. These leaves have higher degree of anti-oxidant properties.

Q: How should I store teas? For how long the tea can be stored?

A: Tea can be stored for up to two years provided you avoid exposure to light, heat, air, moisture and odour. The best is to keep in an airtight opaque container in a cool place, away from the items that have strong odour. You can also store it in Aluminum foil pack. If you use plastic pack, it should not be very thin (should be more than 40 micron), and it should be kept in a paper bag or box.

Do not keep teas inside the refrigerator.

Q: Some people do not recommend taking flavored teas. Is there any issue?

A: In flavored teas, the flavor of fruit/spices/herbs/flowers may dominate the taste of tea as such. Therefore, the manufacturers tend to use lower quality tea leaves for flavoring! You should go for flavored teas that use high quality Whole leaf tea as the base.

Q: How much caffeine does a cup of tea contain? How much tea can be safely consumed in a day?

The simple answer is: it depends. All teas are produced from the same plant, Camellia Sinensis. There are two main variables that influence the caffeine content of a cup of brewed tea: the type of leaf and the tea preparation method.

First, let's examine the type of leaf. On an average, tea leaves contain 3% caffeine by weight, although this can range from 1.4% to 4.5%. Many factors determine the caffeine content in the dry leaf, such as soil chemistry, altitude, type of tea plant, position of the leaf on the tea bush and cultivation practices.

Next, let's take a look at the tea preparation method. There are many parameters that affect caffeine content such as the amount of leaf, the leaf particle size, water temperature and steeping time. For example, tea steeped in hot water for a longer time will release more of its caffeine than tea steeped with cooler water for a shorter period. A smaller leaf tea will release more of its caffeine than a larger leaf tea.

On average tea contains 25-30 mg caffeine per 100 ml of tea, with Black tea containing the maximum (40-65 mg) followed by Oolong, Green and White teas (10-20 mg).

Relatively, a typical cup of coffee has 150-200 mg of caffeine. It is recommended that daily caffeine intake (all sources) should not exceed 600 mg/day, equivalent to 2-3 liter of tea/day. Pregnant women are however recommended to limit their daily caffeine intake from all sources to a maximum of 300 mg/day.

Herbal teas do not contain any caffeine.

Q: How can I lower the amount of caffeine in my cup?

A: For those who are sensitive to caffeine, we recommend using a little less leaf and brewing your teas with slightly cooler water for a shorter period of time. Green, White and lightly oxidized Oolong teas are good choices, as they tend to benefit from lower water temperatures and shorter steeping times.

Since nearly 80% of the caffeine will be extracted within 30 seconds of steeping, you can easily remove most of the caffeine in any tea by a pre-wash (steep the tea in hot water for 30

seconds and discard the liquid). Thereafter, use washed tea leaves to make the tea in the usual manner.

Q: How is tea decaffeinated?

There are two methods in which teas are decaffeinated, each with its pros and cons. The first employs ethyl acetate, a chemical solvent, which is passed through the leaves. As it travels through, the ethyl acetate bonds to the caffeine and takes it with when removed. This method has been around for quite a while and is relatively inexpensive. An interesting note: ethyl acetate is found naturally in small amounts in tea (along with citrus fruits and a few other foods). In the second method - carbon dioxide decaffeination - tea leaves are put under tremendous pressure in a chamber of liquefied carbon dioxide gas (the gas that we breathe out and that plants absorb). The carbon dioxide bonds with the caffeine, and when the pressure is released the caffeine is removed. While this method is much more expensive, it uses no chemicals and yields much better flavor. As importantly, carbon dioxide decaffeination leaves roughly 90% of the original antioxidant content intact. In contrast, ethyl acetate leaves only 20% of the antioxidants in the leaf.

Q: I am a coffee drinker. Why should I switch over to tea?

A: Coffee helps you keep awake due to its caffeine content, but is addictive and not good for health. A typical cup of coffee contains 150-200 mg of caffeine. It is recommended that daily caffeine intake (all sources) should not exceed 600 mg/day. A traditional cup of tea contains 25-30 mg caffeine. Even a cup of Black tea may contain around 50-60 mg caffeine.

Additionally, teas in general are good for health and are even recommended by doctors!

Q: Why is White Tea so expensive? Is it really that good for health?

A: Silver Needle is a popular variety in White Tea category. Normally good tea uses a bud and two leaves in the tea plant. Silver Needle tea contains only tea buds. Therefore, a large area of tea plantation produces only a little quantity of Silver Needle tea! That is the main reason Silver Needle tea is very expensive. These teas are also not bitter like Green tea because there are no tea leaves, and therefore no chlorophyll that causes the bitterness.

The White tea offers normal benefits of Black and Green tea, but at a higher level, e.g. as immunity booster against cancer, heart stroke, bacterial infection and other diseases. Additionally, White teas delay skin ageing and prevent tooth cavities and type-2 Diabetes.

Q: I have heard of terms like 'First Flush', 'Second Flush' etc. What do these mean?

Tea is produced from Mar to November. The first crop that comes out after winter in March/April is called 'First Flush', and are the best from aroma and taste point of view. Most of the 'First Flush' premium teas are exported. The next produce during May and June is referred as 'Second Flush'. These teas are also excellent, next to 'First Flush'. Thereafter, the teas are referred as 'Monsoon' or 'Autumn' teas related to the period in which these are grown. The taste and aroma of the tea from the same tea estate varies from one crop to another.

Q: Should I take only one type of tea from health point of view, or can I take different teas at different times?

A: You can take different teas in the day. You could start your day with a stronger Black tea, followed by Green tea after lunch. A cup of White tea will be good in the afternoon and evening. A flavored tea/gourmet tea could be taken after dinner. You can experiment with different teas and decide the combination.

Q: I like tea in a traditional manner with milk and sugar. Are these teas not good for health? I find Black tea/other teas without milk and sugar quite bland and tasteless!

A: Teas lose their health benefits to a large extent if milk is added. You should brew teas as per the guidelines (temperature, steeping time etc) so that the tea acquires right aroma and taste. Also, you may take some time to develop the taste towards these teas. Once you develop this taste, you are unlikely to go back to traditional teas.

Q: I like coke for refreshment. Why should I consider having tea instead?

A: Coke and other carbonated drinks are not good for health. A good alternative is to have Ice Tea. While these quench your thirst, you also benefit from the anti-oxidants present in the tea. Also, Coke has significant amount of sugar. Ice teas can be made with fruit pulp/essence and therefore don't require additional sugar. Coke also has higher calories (5-6 times that of tea).

Q: Is it ok for school going children (10-14 years) to take tea?

A: The overall caffeine consumption per day in pre-school children should be limited to around 45 mg/day. Older school going children can take 2-3 cups of tea per day. It should not be considered a substitute to milk. Decaffeinated teas can also be used. In fact, if you use 'Whole leaf' teas that should be reused a few times, most of the caffeine is extracted in the first cup. Subsequent cups have very little caffeine. Alternatively, you could do a 'pre-wash' by pouring hot water on the tea leaves for 30 seconds and discard the water. This will take away 80% of the caffeine.

Q: How do teas from Assam, Darjeeling and other places differ from each other?

Darjeeling is at a higher altitude with cold climate. The tea plantation is on sloping hills that have fresh running rain water. As a result, Darjeeling teas are known for its distinctive aroma and fragrance. Assam tea is grown in plains with stagnant water and have a strong flavor. The Nilgiri teas are not as distinctive or interesting as the other two, and much of the Nilgiri harvest ends up in blends.

Q: There are teas from China, Sri Lanka and Kenya etc. Within India, there are teas from Darjeeling, Assam etc. How are these teas different from each other?

- Major tea producing countries are China, India, Sri Lanka and Kenya. The best climates for growing tea are those that are tropical or semi-tropical and tea can be grown on soil that is not fit for growing much of anything else.
- Commercially, there are three major varieties of Camellia Sinensis, the tea plant: the China type, the India type (Assam region), and the Hybrid type (a cross breed of the China and India types).
- The China type tea plant has small leaves and usually grows well at higher altitudes. The India or Assam type has larger leaves and cultivates best at lower elevations. The Hybrid falls somewhere in between the China and India types.

Q: Are there tea based cocktails? I like 'Long Island Ice Tea'. What tea is used in it?

A: While some people have done some experiments of making tea based cocktails, there are no popular drinks as such. The popular cocktail 'Long Island Ice Tea' also does not have any tea in it!

Q: Where can I purchase good teas from?

A: While premium teas offer a lot of health benefits, unfortunately, most of these are exported. This is primarily due to lack of awareness in Indian society towards the health benefits of these premium teas. Not many organizations are willing to invest energy and resources to create this awareness in the society. As a result, there are very few outlets that supply premium teas.

Budwhite Teas is working towards creating the awareness in the society. It's teas are available on certain stores as per the list mentioned on it's website www.budwhitetea.com. You can also order these teas online.

Q: Why are Budwhite Teas good?

Budwhite Teas are available in two brands: Budwhite and Green+.

Budwhite Brand:

- Organic teas from reputed tea estates of Darjeeling and Assam region.
- Whole leaf teas that have best aroma and taste. Whole leaf teas release their extracts slowly, and therefore are meant to be used multiple times (White tea 2-3 times, Green and Oolong tea 1-2 times, Black and Herbal teas one time).
- Himalayan herbs produced in pollution and dust free environment. Also Himalayan soil is rich in minerals.
- Tea is best brewed in loose form. For convenience, we also provide tea in pyramid shaped tea bags that allow space for 'Whole leaves' to expand.
- Any fruit, spices or flower flavoring that is used is 100% natural.

Green+ Brand:

Our Herbal Green teas, where we blend herbs with Green teas, are gaining a lot of popularity on account of:

- Health benefits of Green teas are further enhanced by Herbal health benefits with specific health themes e.g. Immunity, Digestion, Refreshment, Slimming, Nutrition, Joint Pain, Relaxation etc.
- Bitter taste of Green teas is suppressed by Herbal taste.

Q: What are the Budwhite Tea varieties?

A:

Budwhite Teas	Black	Green	Oolong	White
	Darjeeling First Flush	Darjeeling Green Classic	Darjeeling Oolong classic	Silver Needle White Tea
	Darjeeling Black Supreme	Green Elixir		White Elixir
	Black Elixir	Roasted Green		
	Assam Black Supreme	Maofeng Chinese Green		
	English Breakfast	Sencha Chinese Green		
		Bancha Chinese Green		
		Green Pearls		
Spice Flavored	Masala Chai			
	Ginger Lemon			
	Cardamom			
Fruit Flavored	Peach Black	Peach Green	Apple Oolong	
	Black Currant Black	Black Currant Green		
	Strawberry Black	Strawberry Green		
	Mango Black	Mango Green		
	Vanilla	Lemon Green		
Flower Flavored	Rose Black	Jasmine	Rose Oolong	Jasmine White Elixir
Gourmet Teas	Orange Mint	Arabian Mint		
	Autumn Black	English Orchard		
	Earl Grey	Indian Summer		
	Nature Care			

Q: What are Health Theme based varieties?

A:

Health Theme Based Herbal and Herbal-Green Teas			
	Himalayan Organic Herbs (No Tea, Caffeine-Free)	Herbal Green Organic (Budwhite Brand)	Herbal Green (Green+ Brand)
Immunity	Himalayan Tulsi	ImmuneG+ Organic (Organic Green Elixir, Lemon-Tulsi, Cinnamon, Ginger)	ImmuneG+ (Green Superfine, Lemon-Tulsi, Cinnamon, Ginger)
Cough and Cold	Himalayan Spice (Oregano, Thyme, Tulsi, Mint, Cinnamon)		
Relaxation	Himalayan Chamomile	Chamomile Green Tea	
	Himalayan Chamomile & Lemongrass		
Joint Pain	Himalayan Tulsi Rhododendron	JointG+ Organic (Organic Green Elixir, Tulsi, Rhododendron, Nettle, Cinnamon)	JointG+ (Green Superfine, Tulsi, Rhododendron, Nettle, Cinnamon)
Kidney	Himalayan Nettle		
	Himalayan Nettle Lemongrass		
Refreshing		RefreshG+ Organic (Green Elixir, Mint, Lemongrass)	RefreshG+ (Green Superfine, Mint, Lemongrass)
			Green+ Orange Lemongrass
Slimming		SlimG+ Organic (Green Elixir, Garcinia Cambogia, Cinnamon, Ginger, Lemongrass, Coleus)	SlimG+ (Green Superfine, Garcinia Cambogia, Cinnamon, Ginger, Lemongrass, Coleus)
		Darjeelig Oolong Classic	Assam Oolong Classic
Nutrition		NutritionG+ Organic (Green Elixir, Moringa, Hibiscus, Lemongrass)	NutritionG+ (Green Superfine, Moringa, Hibiscus, Lemongrass)
Digestion		DigestG+ Organic (Green Elixir, Triphala, Mint, Liquorice, Cinnamon, Bay Leaf, Rose, Lemongrass)	DigestG+ (Green Superfine, Triphala, Mint, Liquorice, Cinnamon, Bay Leaf, Rose, Lemongrass)
Anti-skin Ageing		Silver Needle White Tea	
		White elixir	
Multi-Purpose			Herbal Delight (18 herbs and spices)

You can buy these teas from various stores published on the website www.budwhitetea.com, or directly place an order online.

Q: What type of tea infusers are available with Budwhite Teas?

A: Given below are some pictures of tea infusers.



Q: Are these teas available in a nice gift set?

A: Yes. Budwhite Teas have a wide range of corporate gifting options combining premium loose tea packs, pyramid teabags, tea infusers, tea accessories and Tea Guide booklet. These are put in various types of wooden/MDF boxes. Customization and branding options are also available.



Background and Company's Vision:

Though India leads the world in tea drinking, the premium and healthier varieties of teas, namely the 'Organic' and 'Whole Leaf' teas of various types (Black, Green, Oolong and White), have not been able to find a foothold in Indian society so far. It is only the traditional chai, that centuries-old all purpose drink, which is the preferred drink here.

The major reason for this, to a large extent, is a lack of awareness about the health benefits of these teas. From a health point of view these teas are far superior than any traditional variety but not many people among the general public are aware of this. Since these teas are expensive, the tea estates owners and traders find it convenient to export these teas to developed countries, rather than investing in educating people in India.

Socio-economic development of the last 20 years has helped a large number of people to move upwards and aspire for better things in life. At the same time these people are health conscious too. They do not mind spending a little extra if the thing they are purchasing is well worth its weight in gold health wise.

The purpose and vision behind the formation of Budwhite Teas Pvt Ltd is to make people aware of the immense health benefits these teas have to offer. The goal of the company is to create a culture where premium and healthy tea drinking becomes a part of an individual's daily routine, the young and the old alike.



Drink Your Way to Health ...

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