

Guarana found to have higher antioxidant potential than green tea **Health/Science**

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Researchers at the University of São Paulo's Public Health School (FSP-USP) have discovered that guarana (*Paullinia cupana*) beats green tea hands down, at least as far as catechins are concerned: the seeds of the tropical shrub, used in fizzy drinks that are among the most popular in Brazil, as well as in over-the-counter supplements, contain more than ten times the amount of catechins found in green tea. (ex AAAS)

By Will Chu for Beverage Daily, Aug 23, 2016: Seeds of the native Brazilian shrub guarana have been found to contain antioxidant levels more than ten times that of green tea. [⋮]
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