

Q: WHICH BOTTLED GREEN TEA PACKS THE MOST NUTRITIONAL PUNCH?

GLEN, BOSTON, MA

Their findings: The amount of catechins (including a particularly potent kind called EGCG) varied widely, due to the different types of unfermented leaves and brewing methods used.

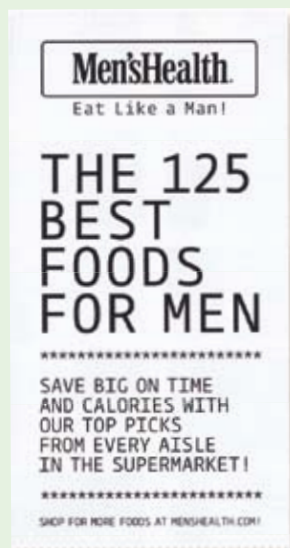
The best? Honest Tea's Organic Honey Green Tea. It's the king of catechins, with only a smidgen of sugar.



37. Best Bottled Tea Honest Tea Honey Green Tea

We found this to have the highest antioxidant content of any commercial green tea we tasted.

“The King
Of Catechins”



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THE REPUBLIC OF TEA POMEGRANATE GREEN (16.9 OZ)
Catechins/EGCG: 9 mg/0.4 mg
Calories: 0
Caffeine: 0.25 mg
Taste: Floral notes, no tea taste

HONEST TEA ORGANIC HONEY GREEN TEA (16.9 OZ)
Catechins/EGCG: 215 mg/71 mg
Calories: 74
Caffeine: 97 mg
Taste: Well balanced and slightly sweet, with citrus notes

ARIZONA GREEN TEA WITH GINSENG AND HONEY (20 OZ)
Catechins/EGCG: 39 mg/5 mg
Calories: 175
Caffeine: 25 mg
Taste: More like a syrupy soda

ITO EN TEAS' TEA LEMONGRASS GREEN (16.9 OZ)
Catechins/EGCG: 28 mg/6 mg
Calories: 0
Caffeine: 48 mg
Taste: Earthy, savory flavor

LIPTON PURELEAF GREEN TEA WITH HONEY (16 OZ)
Catechins/EGCG: 97 milligrams (mg)/22 mg
Calories: 22
Caffeine: 130 mg
Taste: Earthy, nicely sweet

SNAPPLE ASIAN PEAR GREEN TEA (17.5 OZ)
Catechins/EGCG: 46 mg/25 mg
Calories: 120
Caffeine: 31 mg
Taste: A heavy dose of honey flavor, but no detectable pear taste

HARNEY & SONS ORGANIC GREEN (16 OZ)
Catechins/EGCG: 183 mg/59 mg
Calories: 40
Caffeine: 86 mg
Taste: Heavy citrus notes and no cloying sweetness



For the complete results of our test, go to MensHealth.com/greentea.

Q. WHICH BOTTLED GREEN TEA PACKS THE MOST NUTRITIONAL PUNCH?

GLEN, BOSTON, MA

Beverage companies have developed their own lines of bottled green tea to cash in on the brew's ever-expanding roster of health benefits. But some brands are nutritional busts. We commissioned ChromaDex Laboratories to analyze 14 different teas for their levels of catechins, the ultrapowerful antioxidants that may help prevent prostate cancer and a host of other diseases. Their findings: The amount of catechins (including a particularly potent kind called EGCG) varied widely, due to the different types of unfermented leaves and brewing methods used. The best? Honest Tea's Organic Honey Green Tea. It's the king of catechins, with only a smidgen of sugar.

How can I convince my dad to exercise more?

DEREK, DENVER, CO

Your father has worked hard his whole life and probably wants to spend his downtime with his feet up. Of course, that can lead to trouble. Scare him off the sofa with this: A recent University of South Carolina study of adults over age 60 found that the sedentary participants were four times more likely to die during a 12-year period than their fittest peers. If that doesn't work, there could be another factor in play. "Your

dad may not trust his body like he used to and may be concerned about hurting himself," says Tom George, Ph.D., a University of Michigan researcher who studies the psychology of physical activity. And in fact, middle-aged men who jump back into exercising without an injury-prevention strategy often suffer from Achilles tendinitis, meniscus tears, or rotator-cuff problems. Direct your dad to MensHealth.com/warmup/ for the right way to warm up and stretch before any sweat session, and recommend pumping

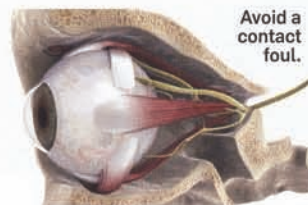
iron. "Some strength training, with proper technique, is another way to fortify his body against injuries," George says. "His fear should diminish as his fitness level increases and he starts feeling stronger."

I wear my 2-week contact lenses for months. Is this a bad idea?

JAKE, CHICAGO, IL

Ever hear of corneal ulcers? They're real eye sores—open wounds on the surface of your cornea that can lead to blindness. Fungi and bacteria

growing on contact lenses can cause them. The longer you wear your contacts, the more germs accumulate on the lenses, increasing your risk of aggravating complications. "Saving a few bucks a year by dragging out the life of 2-week contacts won't be worth it if you inflict permanent damage," says Elliott Myrowitz, O.D., M.P.H., the chief of optometric services at Johns Hopkins University's Wilmer Eye Institute. "Your eyes may ultimately reject contacts altogether after persistent irritation and infection." If for some reason you absolutely must stretch your lenses a few extra days, follow Dr. Myrowitz's cleaning protocol when you pop them out before



Avoid a contact foul.

From top: GREG BROOM, JPMedical.com