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Is green tea really good for you or is it just hype?

Also, is there a certain brand that is better or more potent? I just buy Bigelow Green Tea from the supermarket. Thanks!

You can also find this article published on [Is green tea really good for you or is it just hype?](#), and on the tag pages [Bigelow Tea](#), [good](#), [Green](#), [Green Tea](#), [Hype](#), [just](#), [Really](#), [Supermarket](#).