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MEDICINAL PROPERTIES OF *Camellia sinensis*

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*Camellia sinensis* (tea) is believed to have health benefits, including antibacterial, antiviral, anti-cancer and antimutagenic activities and also protect against heart disease and stroke, strengthen the circulatory and immune systems as well as bones and teeth and build healthy skin. We investigated the antioxidative capacity of white tea leaves, extracted with methanol and water under different temperatures and times. The total phenolic content was 67.765±0.004 μg/ml (methanol, 2 hr) and the total flavonoid content, 245.977±0.005 μg/ml (methanol, 2 hrs). The ferric reducing antioxidant power (FRAP) was 3632.8±0.031 (steeped in cold water for 2 hr), 3386.1±0.003 (methanol, 2 hr). The DPPH radical scavenging assay showed an IC\(_{50}\) of 16.8 μg/ml (cold water, 2 hr). All the samples tested showed hydroxyl ion scavenging activity between 59.9 -79.8 μg/ml (IC\(_{50}\)), while the superoxide anion was scavenged with an IC\(_{50}\) of 59.1-62.1. Methanol extraction for 2 hr gave an IC\(_{50}\) of 24.2 μg/ml in the nitric oxide scavenging assay. Thus, *Camellia sinensis* extracts have high antioxidant and radical scavenging activities, with high phenolic and flavonoid content.