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**Antimutagenic and Anticarcinogenic Potency of Green Tea
(*Camellia sinensis*)**

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Tea is the most popular beverage in the world, especially green tea (*Camellia sinensis*) is daily taken by Asian people including Japanese. In last two decades, a variety of biological effects of tea components such as antioxidative, antimutagenic, anticarcinogenic, antibacterial and radical scavenging activities on bacteria, cultured cells and mammals have been elucidated. Furthermore, several laboratory and epidemiological studies of green tea leaves, in correlation with the low incidence of human cancer, were also reported. In my talk, the topic is focused to the antimutagenic and anticarcinogenic activities of green tea leaves toward bacteria and laboratory animals. Their inhibition mechanisms are also discussed. I also talk about the recent epidemiological studies, which are complexed with advantage and noadvantage effects of tea infusion. Finally, I would like to recommend the daily intake of green tea infusion for keeping our health and for prevention of cancer.

Keywords : antimutagen, green tea, catechin, ascorbic acid, carcinogenesis