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THE CONTENT OF TOXIC METALS IN DIFFERENT TYPES OF TEA AND THEIR IMPACT ON CONSUMERS  
HEALTH

Summary

Tea is one of the most popular beverages in the world, which, along with a number of beneficial health ingredients, such as trace elements, also contains undesired substances – as impurities. Among the impurities occur heavy metals, and their presence in tea leaves can pose serious problems to human health because they are not biodegradable, remain in the environment and can become part of the food chain. The total metal content of the tea leaves and infusions depends on the type of tea (green, black) and on the influence of other factors, including the properties of the soil. Despite the limited extent of metal migration from the dried tea to infusions, tea pollution with metals such as lead, cadmium or mercury is not indifferent to human health.