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Researchers warn milk eliminates cardiovascular health benefits of tea

Sophia Antipolis, France, 9 January 2007:

Research published online today in the European Heart Journal (1) has found that the protective effect that tea has on the cardiovascular system is totally wiped out by adding milk.

Tests on volunteers showed that black tea significantly improves the ability of the arteries to relax and expand, but adding milk completely blunts the effect. Supporting tests on rat aortas (aortic rings) and endothelial (lining) cells showed that tea relaxed the aortic rings by producing nitric oxide, which promotes dilation of blood vessels. But, again, adding milk blocked the effect.

The findings, by cardiologists and scientists from the Charit

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