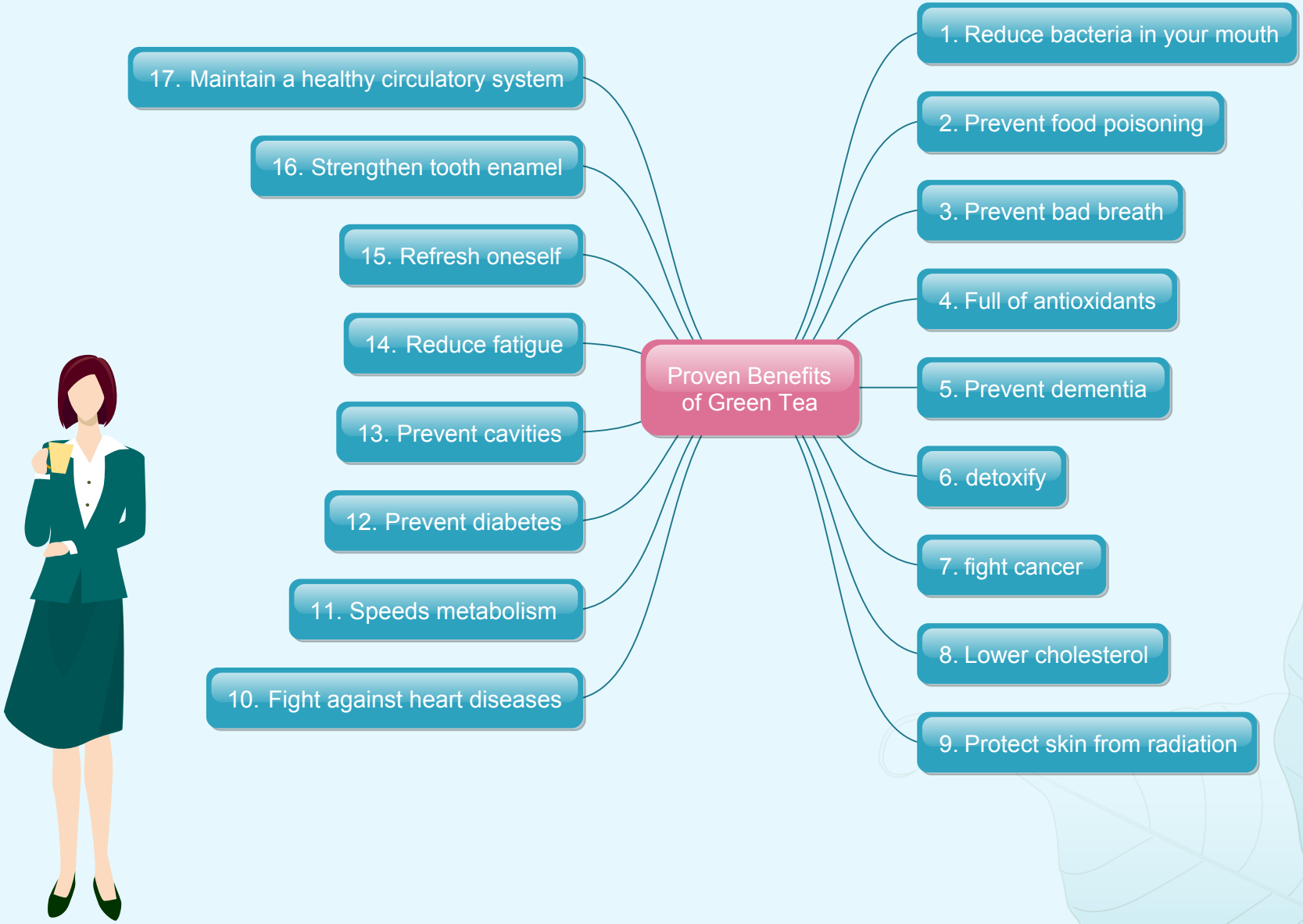Proven Benefits of Green Tea