

LEAST

MG OF CAFFEINE / 8 OZ SERVING

MOST

	AUTOMATIC TEAPOT 20 oz	STEeping MUG 16 oz	STEeping CUP 8 oz	WATER TEMPERATURE	STEeping TIME
HERBAL 0 mg	1 heaping TBS. of leaves	2 heaping tsp. of leaves	1 heaping tsp. of leaves	boiling	6 min
WHITE 10-15 mg	1 heaping TBS. of leaves	2 heaping tsp. of leaves	1 heaping tsp. of leaves	boil cool 4 min	3-6 min
GREEN 25-35 mg	1 rounded TBS. of leaves	2 rounded tsp. of leaves	1 rounded tsp. of leaves	boil cool 3 min	2-3 min
OOLONG 30-50 mg	1 rounded TBS. of leaves	2 rounded tsp. of leaves	1 rounded tsp. of leaves	boil cool 2 min	2-3 min
DARJEELING 40-45 mg	1 level TBS. of leaves	2 level tsp. of leaves	1 level tsp. of leaves	boil cool 2 min	3-4 min
BLACK 40-60 mg	1 level TBS. of leaves	2 level tsp. of leaves	1 level tsp. of leaves	boiling	4-5 min
PU'ERH 60-70 mg	1 level TBS. of leaves	2 level tsp. of leaves	1 level tsp. of leaves	boiling	3-6 min