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Healthline Side Effects of Tea 9 Reasons Not to.

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Sep 5 2025 Thoughtearhas been linked to various health benefits too much of a good thing can lead to side effects. Here are 8 possible side effects of drinking too much tea Oct 15 2025 Explore nine potential side effects of drinking too much tea including anxiety, poor sleep and digestive issues.

Learn how to enjoy tea safely and avoid adverse effects Sep 28 2024 Side Effects of Green Tea on Hair Green tea is often celebrated for its health benefits including its positive effects on skin and hair.

However, excessive consumption can have adverse effects on hair health Apr 30 2025. Of course, as with anything containing caffeine, drinking too much green tea can also cause side effects such as insomnia, headaches or stomach upset, especially in those sensitive to caffeine Jan 31 2025. Side effects of tea include sleep issues, heartburn, anxiety and more.

Learn why too much tea can harm your health and the importance of moderation Mar 7 2025. Though moderate tea consumption is a very healthy choice for most people, exceeding 34 cups (710.950 ml) per day could have some negative side effects.

Here are 9 possible side effects of drinking too much tea. Consumption of tea, especially in large doses or in certain individuals, can sometimes cause undesirable effects.

A warning is in certain cases necessary Nov 24 2025. Green tea is packed with antioxidants that may help lower inflammation and protect against chronic health issues. However, it does have caffeine, so drinking too much can cause side effects.

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