Supplementary Table 1 The active ingredient composition of Brick tea, Pu;er tea, and Liubao tea

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| --- | --- | --- | --- |
| Items | Dark Tea | | |
| Brick Tea | Pu’er Tea | Liubao Tea |
| Tea Polyphenols | 6.91±0.52 | 12.54±0.58 | 10.79±0.69 |
| L-Theanine | 1.38±0.27 | 2.15±0.36 | 1.60±0.26 |

aTea Polyphenols% = f × 100% ρ-Mass concentration of gallic acid on the standard curve, n-Quality of tea, m-Dilution factor, V-Total volume of the sample. L-Theanine% = × 100% c- Mass number of amino acids on the standard curve, m- Determination of the sample solution equivalent to the mass of the sample.