

To: DANNY M. AWDEH(docketing@finnegan.com)
Subject: U.S. Trademark Application Serial No. 86984624 - NATIVE - 14085.0003
Sent: April 24, 2023 03:56:25 PM EDT
Sent As: tmng.notices@uspto.gov

Attachments

[6378378](#)
[6531243](#)
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[6200146](#)
[4584888](#)
[4316570](#)
[3326485](#)
[3206911](#)
[3078162](#)
[screenshot-www-washingtonpost-com-wellness-interactive-2022-coffee-vs-tea-nutrition-health-16823638640171](#)
[screenshot-www-washingtonpost-com-wellness-interactive-2022-coffee-vs-tea-nutrition-health-16823638640172](#)
[screenshot-www-marthastewart-com-8280407-tea-vs-coffee-which-is-healthier-16823639840601](#)
[screenshot-www-teatulia-com-caffeine-in-tea-tea-vs-coffee-html-16823641413081](#)
[screenshot-www-hsph-harvard-edu-nutritionsource-healthy-drinks-other-healthy-beverage-options-16823642707891](#)
[screenshot-coffeeaffection-com-yerba-mate-vs-coffee-16823645339391](#)
[screenshot-www-endurocoffee-com-home-shop-teas-yerba-mate-16823650185781](#)
[screenshot-oldcitycoffee-com-product-yerba-mate-16823653064561](#)
[screenshot-www-healthline-com-nutrition-coffee-alternatives-16823655190491](#)
[screenshot-www-health-harvard-edu-blog-energy-boosting-coffee-alternatives-what-to-know-202302222893-16823658499941](#)

United States Patent and Trademark Office (USPTO)
Office Action (Official Letter) About Applicant's Trademark Application

U.S. Application Serial No. 86984624

Mark: NATIVE

Correspondence Address:

Danny M. Awdeh
Finnegan, Henderson, Farabow, Garrett & Dunner LLP
901 New York Avenue NW
Washington DC 20001 UNITED STATES

Applicant: USINA SÃO FRANCISCO S.A.

Reference/Docket No. 14085.0003

Correspondence Email Address: docketing@finnegan.com

REQUEST FOR RECONSIDERATION AFTER FINAL ACTION DENIED

Issue date: April 24, 2023

Applicant's request for reconsideration is denied. *See* 37 C.F.R. §2.63(b)(3). The trademark examining attorney has carefully reviewed applicant's request and determined the request did not: (1) raise a new issue, (2) resolve the outstanding issue, (3) provide any new or compelling evidence with regard to the outstanding issue, or (4) present analysis and arguments that were persuasive or shed new light on the outstanding issue. TMEP §§715.03(a)(ii)(B), 715.04(a).

The examining attorney acknowledges and accepts applicant's amendment to the drawing page, and this change has been made of record. However, the following refusals made final in the Office action dated October 14, 2012 are **maintained and continued**:

- Refusal under §2(d) of the Trademark Act based on a likelihood of confusion with the mark in Registration No. 4179445.
- Refusal under §2(d) of the Trademark Act based on a likelihood of confusion with the mark in Registration No. 2566244.

See TMEP §§715.03(a)(ii)(B), 715.04(a).

With respect to the marks at issue, the examining attorney has established that the Spanish word NATIVA in the cited marks translates into English to mean "native." Under the doctrine of foreign equivalents, a mark in a common, modern foreign language and a mark that is its English equivalent may be held confusingly similar. TMEP §1207.01(b)(vi); *see, e.g., In re Aquamar, Inc.*, 115 USPQ2d 1122, 1127-28 (TTAB 2015); *In re Thomas*, 79 USPQ2d 1021, 1025 (TTAB 2006); *Palm Bay Imps., Inc. v. Veuve Clicquot Ponsardin Maison Fondee en 1772*, 396 F.3d 1369, 1377, 73 USPQ2d 1689, 1696 (Fed. Cir. 2005). Equivalence in meaning and connotation may be sufficient to find such marks confusingly similar. *See In re Aquamar, Inc.*, 115 USPQ2d at 1127-28; *In re Thomas*, 79 USPQ2d at 1025.

With respect to the coffee and tea of the respective parties, there can be little doubt that these goods are highly related for purposes of §2(d) analysis. It is well settled that the compared goods need not be

identical or even competitive to find a likelihood of confusion. *See On-line Careline Inc. v. Am. Online Inc.*, 229 F.3d 1080, 1086, 56 USPQ2d 1471, 1475 (Fed. Cir. 2000); *Recot, Inc. v. Becton*, 214 F.3d 1322, 1329, 54 USPQ2d 1894, 1898 (Fed. Cir. 2000); TMEP §1207.01(a)(i). They need only be “related in some manner and/or if the circumstances surrounding their marketing are such that they could give rise to the mistaken belief that [the goods and/or services] emanate from the same source.” *Coach Servs., Inc. v. Triumph Learning LLC*, 668 F.3d 1356, 1369, 101 USPQ2d 1713, 1722 (Fed. Cir. 2012) (quoting *7-Eleven Inc. v. Wechsler*, 83 USPQ2d 1715, 1724 (TTAB 2007)); TMEP §1207.01(a)(i); *see Made in Nature, LLC v. Pharmavite LLC*, 2022 USPQ2d 557, at *44 (TTAB 2022) (quoting *In re Jump Designs LLC*, 80 USPQ2d 1370, 1374 (TTAB 2006)).

The attached website evidence demonstrates that coffee and tea are sold or provided through the same trade channels and used by the same classes of consumers in the same fields of use. *See attached* printouts. Thus, applicant’s and registrant’s coffee and tea are considered related for likelihood of confusion purposes. *See, e.g., In re Davey Prods. Pty Ltd.*, 92 USPQ2d 1198, 1202-04 (TTAB 2009); *In re Toshiba Med. Sys. Corp.*, 91 USPQ2d 1266, 1268-69, 1271-72 (TTAB 2009).

Moreover, the examining attorney has attached evidence from the USPTO’s X-Search database consisting of a number of third-party marks registered for use in connection with the same or similar goods as those of both applicant and registrant in this case. *See attached* printouts. This evidence shows that the coffee and tea listed therein frequently emanates from a single source under a single mark. *See In re I-Coat Co.*, 126 USPQ2d 1730, 1737 (TTAB 2018) (citing *In re Infinity Broad. Corp.*, 60 USPQ2d 1214, 1217-18 (TTAB 2001); *In re Albert Trostel & Sons Co.*, 29 USPQ2d 1783, 1785-86 (TTAB 1993); *In re Mucky Duck Mustard Co.*, 6 USPQ2d 1467, 1470 n.6 (TTAB 1988)); TMEP §1207.01(d)(iii).

In short, the similarities between the marks and the coffee and tea products of the respective parties are so great as to create a likelihood of confusion. Accordingly, the examining attorney is compelled to maintain and continue his refusals under §2(d) of the Trademark Act.

Since applicant has already filed an appeal with the Trademark Trial and Appeal Board, the Board will be notified to resume the appeal. *See* TMEP §715.04(a).

/Nick Altree/
Nick Altree
Examining Attorney
LO107--LAW OFFICE 107
(571) 272-9336
Nick.Altree@uspto.gov

(4) STANDARD CHARACTER MARK

Auioye

Mark Punctuated

AUIOYE

Translation

The wording "AUIOYE" has no meaning in a foreign language.

Goods/Services

- IC 030. US 046.G & S: Aioli; Biscuits; Bonbons; Bread; Catsup; Chocolate; Coffee; Alimentary pasta; Artificial coffee and tea; Bakery goods; Baking powder; Baking spices; Balsamic vinegar; Barley flour; Confectionery for decorating Christmas trees; Edible spices; Tea bags; White sugar; Wine vinegar; Yerba mate. FIRST USE: 20200905. FIRST USE IN COMMERCE: 20200905

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

90207713

Filing Date

20200924

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20210323

Registration Number

6378378

Date Registered

20210608

Owner

(REGISTRANT) Jiacheng Sun INDIVIDUAL CHINA No. 9, Group 3, Xiaomingsha Village, Jingang Town, Zhangjiagang City, Jiangsu prov. CHINA 215631 (LAST LISTED OWNER) ANHUI CHUNZHIRONG TRADING CO., LTD. LIMITED COMPANY CHINA NO. 66, HUANGLOU, HUANGLOU VILLAGE ZHANGDIAN TOWNSHIP, QIAOCHENG DISTRICT BOZHOU, ANHUI CHINA 236000

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark
TRADEMARK

Register
PRINCIPAL

Live Dead Indicator
LIVE

Attorney of Record
Bole Yuan

(4) STANDARD CHARACTER MARK

UR

Mark Punctuated

UR

Translation

Goods/Services

- IC 030. US 046.G & S: Tea; brewed tea; bottled tea; yerba mate; brewed yerba mate; bottled yerba mate; guayusa; brewed guayusa; bottled guayusa; brewed coffee; diet tea blends; energy tea blends; tea on draft; yerba mate on draft; guayusa on draft. FIRST USE: 20180831. FIRST USE IN COMMERCE: 20180831
- IC 043. US 100 101.G & S: Cafe services featuring tea, yerba mate, and guayusa; snack-bar services featuring tea, yerba mate, and guayusa. FIRST USE: 20200702. FIRST USE IN COMMERCE: 20200702

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

88310539

Filing Date

20190221

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20200310

Registration Number

6531243

Date Registered

20211019

Owner

(REGISTRANT) White Squirrel, LLC LIMITED LIABILITY COMPANY LOUISIANA 103 Fontainbleau Drive Mandeville LOUISIANA 70471

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark

TRADEMARK. SERVICE MARK

Register
PRINCIPAL

Live Dead Indicator
LIVE

Attorney of Record
Raymond G. Areaux (33,643)

(4) STANDARD CHARACTER MARK

TEAVIVRE

Mark Punctuated

TEAVIVRE

Translation

The English translation of "VIVRE" in the mark is "live".

Goods/Services

- IC 021. US 002 013 023 029 030 033 040 050.G & S: Coffee cups, tea cups and mugs; Tea services being tableware; Non-electric tea kettles; Tea canisters; Tea strainers; Tea caddies; Portable tea caddies; Mixing cups; Serving trays; Trays for serving tea; Ceramic, clay, metal and wood coasters for tea pots; Bowls; Serving bowls; Tea accessories, namely, non-electric tea whisks and tea scoops; Porcelain mugs; Coffee services being tableware; Coffee servers. FIRST USE: 20130801. FIRST USE IN COMMERCE: 20130801
- IC 030. US 046.G & S: Coffee and tea; White tea; Black tea; Yellow tea; Herbal tea; Herb teas; Tea substitutes; Flowers or leaves for use as tea substitutes; Matcha; Chamomile tea; Processed tea leaves; Fermented tea; Tieguanyin tea; Flavorings of tea other than essential oils, for food or beverages; Earl Grey tea; Yerba mate; Rooibos tea; Tea for infusions; Herbal infusions; Ginseng tea; Ginger tea; Peppermint tea; Mixes for making tea; Chinese matrimony vine tea (Gugijacha); Iced tea; Buckwheat, processed; Buckwheat tea; Rose hip tea; Tea made with dried fruit; Instant black tea; Instant green tea; Instant Oolong tea; Instant white tea; Barley tea; Roasted barley tea; Chai tea; Coffee, tea, cocoa and artificial coffee; Coffee; Ground coffee; Roasted coffee beans; Instant coffee; Green coffee; Coffee beans. FIRST USE: 20110713. FIRST USE IN COMMERCE: 20110713
- IC 035. US 100 101 102.G & S: On-line wholesale store services featuring tea, tea substitutes, herbal tea, coffee, cocoa, tea services, tea sets, teapots, coffee cups, tea cups and mugs, related tea accessories, namely, tea kettles, tea canisters, tea strainers, tea caddies, mixing cups, trays for serving tea, coasters for tea pots, bowls, tea whisks, and tea scoops; On-line retail store services featuring tea, tea substitutes, herbal tea, coffee, cocoa, tea services, tea sets, teapots, coffee cups, tea cups and mugs, related tea accessories namely, tea kettles, tea canisters, tea strainers, tea caddies, mixing cups, trays for serving tea, coasters for tea pots, bowls, tea whisks, and tea scoops, and gift sets comprising tea and tea accessories namely, tea kettles, tea canisters, tea strainers, tea caddies, mixing cups, trays for serving tea, coasters for tea pots, bowls, tea whisks, and tea scoops; On-line buyers guide service providing information in the fields of tea, tea substitutes, herbal tea, coffee, cocoa, tea services, tea sets, teapots, coffee cups, tea cups and mugs, and related tea accessories namely, tea kettles, tea canisters, tea strainers, tea caddies, mixing cups, trays for serving tea, coasters for tea pots, bowls, tea whisks, and tea scoops. FIRST USE: 20110713. FIRST USE IN COMMERCE: 20110713

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code**Serial Number**

97267785

Filing Date

20220215

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20230124

Registration Number

7022704

Date Registered

20230411

Owner

(REGISTRANT) Chen Yanqiu INDIVIDUAL HONG KONG FLAT H 22/F, ROYAL GREEN NO. 8 CHING HIU, ROAD SHEUNG SHUI NT HONG KONG 999077

Priority Date**Disclaimer Statement****Description of Mark****Type of Mark**

TRADEMARK. SERVICE MARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Elizabeth Milesnick

(4) STANDARD CHARACTER MARK

CHAMELLIA

Mark Punctuated

CHAMELLIA

Translation

Goods/Services

- IC 021. US 002 013 023 029 030 033 040 050.G & S: Cups; Tea balls; Tea caddies; Tea canisters; Tea infusers; Tea pots; Tea services in the nature of tableware; Tea sets; Tea strainers. FIRST USE: 20170317. FIRST USE IN COMMERCE: 20170317
- IC 030. US 046.G & S: Chai tea; Flowers or leaves for use as tea substitutes; Fruit teas; Herb tea; Herbal tea; Hot chocolate mixes; Iced tea; Instant coffee; Instant tea; Kombucha tea; Rooibos tea; Tea; Tea extracts; Tea bags; Tea-based beverages with fruit flavoring; Beverages with a tea base; Mixes in the nature of concentrates, syrups or powders used in the preparation of tea based beverages; Yerba mate. FIRST USE: 20170317. FIRST USE IN COMMERCE: 20170317

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

88853376

Filing Date

20200330

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20200728

Registration Number

6174550

Date Registered

20201013

Owner

(REGISTRANT) Staunch Extreme Pty Ltd PROPRIETARY LIMITED COMPANY AUSTRALIA 16 Montague St Collingwood VIC AUSTRALIA 3066

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Michael C. Petock

(4) STANDARD CHARACTER MARK

MAX ENERGY FOR TACTICAL
ALERTNESS

Mark Punctuated

MAX ENERGY FOR TACTICAL ALERTNESS

Translation

Goods/Services

- IC 005. US 006 018 044 046 051 052.G & S: Nutritional supplements; Nutritional supplements for energy, calmness, drowsiness, health, weight loss, vitamin and mineral supplementation; Nutritional supplements in the form of pouch; Dietary and nutritional supplements; Dietary and nutritional supplements containing tea, caffeine, yerba mate; Dietary and nutritional supplements for endurance sports; Dietary and nutritional supplements used for weight loss; Herb teas for medicinal purposes; Herbal teas for medicinal purposes; Medicinal tea. FIRST USE: 20181216. FIRST USE IN COMMERCE: 20200204
- IC 030. US 046.G & S: Coffee; Coffee and coffee substitutes; Coffee and tea; Tea; Tea extracts; Tea bags; Tea for infusions; Artificial coffee and tea; Black tea; Fruit teas; Green tea; Oolong tea; Peppermint tea. FIRST USE: 20181216. FIRST USE IN COMMERCE: 20200204

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

88131312

Filing Date

20180925

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20190212

Registration Number

6380737

Date Registered

20210608

Owner

(REGISTRANT) Pocket Tea LLC LIMITED LIABILITY COMPANY NEW YORK PO Box 380
Margaretville NEW YORK 12455

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Ira C. Edell

(4) STANDARD CHARACTER MARK

TUSOL Wellness

Mark Punctuated

TUSOL WELLNESS

Translation

Goods/Services

- IC 003. US 001 004 006 050 051 052.G & S: Anti-aging moisturizers used as cosmetics; Aromatic essential oils; Aromatic oils; Beauty serums; Body creams; Body lotion; Body oil; Cosmetic creams for skin care; Cosmetics; Cosmetics and make-up; Essential oils; Essential oils for aromatherapy use; Essential oils for body; Eye cream; Face creams for cosmetic use; Face oils; Face powder; Facial make-up, namely, foundation, bronzer; Facial moisturizers; Facial oils; Flower essences for cosmetic purposes; Hair shampoos and conditioners; Lipstick; Lotions for face and body care; Make-up powder; Massage oil; Mineral salt in the nature of bath salts not for medical purposes; Moisturizing creams; Night cream; Non-medicated exfoliating preparations for face, body; Non-medicated herbal body care products, namely, body oils, salves, and lip balms; Nutritional oils for cosmetic purposes; Shower and bath gel; Skin care preparations, namely, fruit acid peels for skin; Toothpastes. FIRST USE: 20190401. FIRST USE IN COMMERCE: 20190401
- IC 005. US 006 018 044 046 051 052.G & S: Dietary and nutritional supplements; Dietary beverage supplements for human consumption in liquid and dry mix form for therapeutic purposes; Dietary supplements for human consumption; Enzyme food supplements; Food supplements; Herbal supplements; Liquid herbal supplements; Meal replacement bars for weight loss purposes; Multivitamin preparations; Natural dietary supplements; Natural herbal supplements; Nutraceuticals for use as a dietary supplement for energy, mood; Nutritional and dietary supplements formed and packaged as bars; Nutritional supplement energy bars; Nutritional supplement in the nature of a nutrient-dense, protein-based drink mix; Nutritional supplement shakes; Nutritional supplements in the form of powdered smoothie mix; Powdered nutritional supplement drink mix and concentrate; Powdered nutritional supplement drink mix containing protein, vitamins, minerals; Prebiotic supplements; Probiotic supplements; Protein dietary supplements formed and packaged as bars?; Protein supplements formed and packaged as bars; Vitamin and mineral formed and packaged as bars; Vitamin oils for human consumption; Vitamin supplements; Vitamins; Wheatgrass for use as a dietary supplement. FIRST USE: 20190401. FIRST USE IN COMMERCE: 20190401
- IC 025. US 022 039.G & S: Athletic pants; Athletic shirts; Athletic shorts; Bathing suits; Bikinis; Camisoles; Cycling shorts; Footwear for women; Gym pants; Hats; Hooded pullovers; Hooded sweat shirts; Hoodies; Jackets; Jogging pants; Knit shirts; Leotards; Long-sleeved shirts; Lounge pants; Moisture-wicking sports bras; Outer jackets; Shirts; Shorts; Sport shirts; Sports bra; Sundresses; Sweat jackets; Sweat pants; Sweat shirts; Sweat suits; Sweatbands; Sweaters; Sweatpants; Sweatshirts; Sweatsuits; Swim suits; Swim wear; Swimsuits; Swimwear; T-shirts; Tank tops; Tank-tops; Tee shirts; Track pants; Track suits; Tracksuits; Trousers; Undergarments; Underwear; Wetsuits; Women's athletic tops with built-in bras; Women's clothing, namely, shirts, dresses, skirts, blouses; Women's tops, namely, camis; Yoga pants; Yoga shirts; Yoga tops. FIRST USE: 20190401. FIRST USE IN COMMERCE: 20190401

- IC 030. US 046.G & S: Beverages made of tea; Black tea; Chai tea; Chamomile tea; Coffee and tea; Edible turmeric; Herbal infusions; Jasmine tea; Matcha; Natural sweeteners; Oolong tea; Peppermint tea; Rooibos tea; Rose hip tea; Rosemary tea; Tea for infusions; Tea-based beverages; White tea; Yerba mate. FIRST USE: 20190401. FIRST USE IN COMMERCE: 20190401
- IC 032. US 045 046 048.G & S: Aerated mineral waters; Beauty beverages, namely, fruit juices and energy drinks containing nutritional supplements; Drinking water; Drinking water with vitamins; Mineral water; Smoothies; Sports drinks; Spring water; Water beverages. FIRST USE: 20190401. FIRST USE IN COMMERCE: 20190401

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

88407548

Filing Date

20190429

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20190827

Registration Number

5907912

Date Registered

20191112

Owner

(REGISTRANT) TUSOL, LLC. AKA TUSOL Wellness LIMITED LIABILITY COMPANY CALIFORNIA
30765 Pacific Coast Hwy #543 MALIBU CALIFORNIA 90265

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "WELLNESS" APART FROM THE MARK AS SHOWN

Description of Mark

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

SKYWOW THINK BEYOND

Translation

Goods/Services

- IC 005. US 005 006 018 044 046 051 052.G & S: Nutritional supplements; Mineral nutritional supplements; Nutritional supplement shakes; Nutritional supplement energy bars; Nutritional supplement meal replacement bars for boosting energy; Dietary and nutritional supplements for endurance sports; Natural herbal supplements; Soy protein for use as a nutritional supplement in various powdered and ready-to-drink beverages; Liquid herbal supplements; Powdered nutritional supplement drink mix and concentrate; Powdered nutritional supplement drink mix; Dietary supplement drink mixes. FIRST USE: 20190315. FIRST USE IN COMMERCE: 20200121
- IC 029. US 046.G & S: Food package combinations consisting primarily of processed fruit; Dried fruit-based snacks; Trail mix consisting primarily of processed nuts, seeds, dried fruit and also including chocolate; Dried fruit mixes; Nut- and dried fruit- based snack bars; Dried fruits; Dried fruit and vegetables; Processed nuts; Snack mix consisting primarily of processed fruits, processed nuts and/or raisins; Dried vegetables; Preserved, dried, cooked and grilled vegetables; Preserved, dried and cooked fruit and vegetables; Dried vegetables in powder form; Preserved, frozen, dried and cooked fruits and vegetables; Snack mix consisting of dehydrated fruit and processed nuts; Preserved vegetables; Vegetable-based food beverages; Fruit-based meal replacement bars for boosting energy; Fruit-based meal replacement bars; Dried fruits in powder form. FIRST USE: 20190315. FIRST USE IN COMMERCE: 20200121
- IC 030. US 046.G & S: Tea; Herb tea; Fruit teas; Rooibos tea; Yerba mate; Tea-based beverages; Iced tea; Ground coffee beans; Coffee-based beverages; Vegan coffee-based beverages; Chinese tea; Green tea. FIRST USE: 20190315. FIRST USE IN COMMERCE: 20200121
- IC 032. US 045 046 048.G & S: Non-carbonated, non-alcoholic frozen flavored beverages; Energy drinks; Beauty beverages, namely, fruit juices and energy drinks containing nutritional supplements; Fruit juice beverages; Non-alcoholic sparkling fruit juice beverages; Powders used in the preparation of fruit-based beverages; Concentrates and powders used in the preparation of energy drinks and fruit-flavored beverages; Fruit drinks and fruit juices; Vegetable-fruit juices; Mixed fruit juices; Concentrated fruit juices; Non-alcoholic beverages containing fruit juices; Fruit juices. FIRST USE: 20190315. FIRST USE IN COMMERCE: 20200121

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

160305 270305

Serial Number

90752459

Filing Date

20210603

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20220329

Registration Number

6758938

Date Registered

20220614

Owner

(REGISTRANT) FGS HEALTHCARE LIMITED limited company (ltd.) HONG KONG Room 2507-8, 25/F.,China Insurance Group Bldg, No.141 Des Voeux Road Central, Central HONG KONG

Priority Date

Disclaimer Statement

Description of Mark

The mark consists of the wording "SKYWOW" in a stylized font, with a telescope as part of the letter "K", all above the wording "THINK BEYOND" in a stylized font.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

P. Jay Hines

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

ERVA YERBA MATE

Translation

The English translation of "ERVA" in the mark is "HERB".

Goods/Services

- IC 030. US 046.G & S: Beverages made of tea; Coffee and tea; Flavorings of tea, other than essential oils, for food or beverages; Tea; Tea-based beverages; Yerba mate. FIRST USE: 20150210. FIRST USE IN COMMERCE: 20150210

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

050325 270103

Serial Number

86782793

Filing Date

20151009

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20160412

Registration Number

5527246

Date Registered

20180731

Owner

(REGISTRANT) 99 POTATOES, LLC LIMITED LIABILITY COMPANY FLORIDA 765 CYPRESS ROAD VERO BEACH FLORIDA 32963

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "ERVA" AND "YERBA MATE" APART

FROM THE MARK AS SHOWN

Description of Mark

Color is not claimed as a feature of the mark. The mark consists of the term "ERVA" in a hand drawn cursive font with the letter "A" forming a leaf design at the end resembling a yerba mate plant leaf. Underneath the term "ERVA" appears the wording "YERBA MATE" in stylized form.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Elizabeth Swanson

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

HANA

Translation

The non-Latin characters in the mark transliterate to "HANA" and this means "HAPPINESS" in English. The English translation of the word "HANA" in the mark is "HAPPINESS".

Goods/Services

- IC 029. US 046.G & S: Meat; fish, not live; chicken; preserved and canned meat; tuna, not live; sardines, not live; mortadella; preserved, dried and cooked fruits and vegetables; jellies, jams, preserved food; pickles; dried apricot paste; edible fats; eggs, milk; milk and dairy products, namely, butter, animal ghee, cheese and powdered milk; edible oils; olive oil for food; edible hydrogenated oils; vegetable butter; margarine; chips, namely, potato chips; tahini (sesame seed paste). FIRST USE: 19930601. FIRST USE IN COMMERCE: 20170803
- IC 030. US 046.G & S: **Coffee; tea**; sugar; cocoa; rice; **yerba** mate; flour; bread; cakes; pastry; confectionery; chilled sweets; baking powder; cocoa-based beverages; **coffee**-based beverages; chips made of cereal and corn; ices; ice; ice cream; honey; treacle; pomegranate molasses; salt; mustard; pepper; spices; vinegar; sauces as condiments; ketchup; mayonnaise; processed thyme; chocolate; biscuits; candy; chewing gum; Turkish delight; halvah. FIRST USE: 19930601. FIRST USE IN COMMERCE: 20170803
- IC 031. US 001 046.G & S: Live animals; malt for brewing and distilling. FIRST USE: 19930601. FIRST USE IN COMMERCE: 20170803
- IC 032. US 045 046 048.G & S: Mineral waters; aerated waters; non-alcoholic beers; fruit juices; powder for making soft drinks. FIRST USE: 19930601. FIRST USE IN COMMERCE: 20170803

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

280101

Serial Number

87439279

Filing Date

20170505

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20181120

Registration Number

5852081

Date Registered

20190903

Owner

(REGISTRANT) Adeeb Derawan Sons' Company (Al Marai) private limited company SYRIAN ARAB REP
Kessweh, Marrana 82 Damascus Countryside SYRIAN ARAB REP

Priority Date**Disclaimer Statement****Description of Mark**

The color(s) red is/are claimed as a feature of the mark. The mark consists of Arabic characters in red below which is the wording "HANA" also in red. The color white represents transparent areas and is not claimed as a feature of the mark.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

HEENA KAMPANI

(4) STANDARD CHARACTER MARK

Wild Foods

Mark Punctuated

WILD FOODS

Translation

Goods/Services

- IC 030. US 046.G & S: Barley tea; Beverages made of coffee; Beverages made of tea; Beverages with a coffee base; Beverages with a tea base; Black tea; Caffeine-free coffee; Cappuccino; Cappuccino mixes; Chai tea; Citron tea; Coffee; Coffee; Coffee and tea; Coffee based beverages; Coffee beans; Coffee beverages with milk; Coffee capsules containing coffee for brewing; Coffee pods; Coffee-based beverage containing milk; Coffee-based beverages; Coffee-based iced beverages; Earl Grey tea; Espresso; Espresso drinks; Flowers or leaves for use as tea substitutes; Fruit teas; Ginger tea; Ginseng tea; Green coffee; Green tea; Ground coffee beans; Herbal tea; Iced coffee; Iced tea; Japanese green tea; Kombucha tea; Matcha; Mixes for making tea; Oolong tea; Pasta sauce; Pesto; Pesto sauce; Prepared coffee and coffee-based beverages; Ready-made sauces; Red ginseng tea; Roasted coffee beans; Rooibos tea; Rosemary tea; Sage tea; Tea bags; Tea extracts; Tea for infusions; Tea of parched powder of barley with husk (mugi-cha); Tea of salty kelp powder (kombu-cha); Tea pods; Tea-based beverages; Tea-based beverages with fruit flavoring; Tea-based iced beverages; Unroasted coffee; White lotus tea (Baengnyeoncha); Yerba mate. FIRST USE: 20150630. FIRST USE IN COMMERCE: 20191119

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

86679658

Filing Date

20150630

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20190108

Registration Number

6102283

Date Registered

20200714

Owner

(REGISTRANT) PURPLEROCK BIOSCHWARTZ IP HOLDINGS, LLC LIMITED LIABILITY COMPANY
DELAWARE 1350 AVENUE OF THE AMERICAS 2ND FLOOR NEW YORK NEW YORK 10019

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "FOODS" APART FROM THE MARK AS SHOWN

Description of Mark

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Mark C. Johnson

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Mark Punctuated**

GJS GLORIA JEANS CHILLER & COFFEE HOUSE EST. 1979

Translation**Goods/Services**

- IC 030. US 046.G & S: **Coffee**; ground and whole bean **coffee**; **coffee** concentrates; **coffee** flavorings, namely, syrup for flavoring **coffee**; **coffee** mixtures, namely, beverages made of **coffee**; caffeine-free **coffee**; flavored **coffee**; **coffee** based beverages and **coffee**-based beverages containing milk; cold **coffee** based drinks and **coffee** based drinks blended with milk and ice; **tea**; **herbal tea for food purposes** and non **herbal tea**; **tea**-based beverages, iced **tea** and chai **tea**; cocoa; cocoa based beverages and cocoa based beverages with milk; flavorings for beverages other than essential oils; chocolate syrup; flavoring syrups to add to beverages; ice cream; sugar; chocolate, candy and confectionery, namely, chocolate, white chocolate, candy mints, and toffee; cereal based food bars; grain-based food bars also containing nuts, dried fruits and/or popcorn; dessert products, namely, tarts, cheesecakes, puddings; flour and preparations made from cereals, namely, high-protein cereal bars, cereal based snack food; breads and pastries; pizzas; biscuits and cookies; bakery products, namely, breads, muffins, doughnuts, croissants, bagels, scones; cakes, namely, fruit cakes, sponge cakes, iced cakes, dessert bars being bakery desserts in bar form, cupcakes, brownies, sponge cake, funnel cakes; sandwiches; open sandwiches and toasted sandwiches; salad dressings; spices; condiments, namely, ketchup, mustard, mayonnaise, relish, soy sauce, salt, pepper, vinegar. FIRST USE: 20201021. FIRST USE IN COMMERCE: 20210601
- IC 035. US 100 101 102.G & S: Wholesale and retail store services featuring food, drinks, **tea**, **coffee** and related products in the nature of prepared meals, chocolate, candy, confectionery, bread and pastries, baked goods, bakery products, cakes and sandwiches; retail store services featuring **coffee** and **tea**; retail store and online retail store services featuring food and drinks including prepared meals, desserts, flavoring syrups, chocolate, candy, confectionery, cakes and sandwiches; retail store and online retail store services featuring **coffee** related supplies, equipment and accessories, namely, French presses, **coffee** mugs, **coffee** cups; distribution of samples; providing management assistance relating to **coffee** and **tea** stores; **coffee** and **tea** store franchising services, namely, assistance in franchised commercial business management and operation; business consultancy relating to **coffee** and **tea** store franchising services; providing professional business assistance and advisory services in the management, establishment, design, construction, equipping and operation of **coffee** and **tea** stores, restaurants and take-away food stores; business advisory services relating to the setting up of and the operation of **coffee** and **tea** stores, restaurants and take away food stores; promotion and advertising services. FIRST USE: 20201021. FIRST USE IN COMMERCE: 20210601
- IC 043. US 100 101.G & S: Services for providing food and drink; restaurant services; cafe services; **coffee** houses; mobile take-away carts, namely, **coffee** kiosks for providing food and drink and mobile

café services for providing food and drink, providing of food and drink via a mobile kiosk or cart; consultancy, advisory and information services in relation to the provision of food and drink, namely, providing advice on coffee, providing dining information in the field of coffee houses, coffee kiosks and coffee carts; consultancy, advisory and information services relating to the setting up of and operation of restaurants, namely, consulting in the field of restaurant menu development. FIRST USE: 20201021. FIRST USE IN COMMERCE: 20210601

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

260117 261701 261705

Serial Number

90071189

Filing Date

20200724

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20210622

Registration Number

7006773

Date Registered

20230321

Owner

(REGISTRANT) Gloria Jean's Coffees Holdings Pty Ltd proprietary limited company (p/l or pty. ltd.) AUSTRALIA Level 11, 2 Corporate Court Bundall, Queensland AUSTRALIA 4217

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "EST. 1979" AND "CHILLER & COFFEE HOUSE" APART FROM THE MARK AS SHOWN

Description of Mark

Color is not claimed as a feature of the mark. The mark consists of the stylized letters "GJS" inside of two concentric circles with the literal element "GLORIA JEANS" above and "CHILLER & COFFEE HOUSE" below and "EST." and "1979" between two horizontal lines to the sides.

Type of Mark

TRADEMARK. SERVICE MARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Christie Baty Hudgins

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

BLUE PACIFIC FLAVORS FARM TO FLAVOR

Translation

Goods/Services

- IC 003. US 001 004 006 050 051 052.G & S: Essential oils for food flavorings; Essential oils for use in manufacturing of food flavorings. FIRST USE: 20170403. USED IN ANOTHER FORM The mark was first used anywhere in a different form other than that sought to be registered at least as early as 01/01/2008. FIRST USE IN COMMERCE: 20170403
- IC 030. US 046.G & S: Coffee; Extracts used as flavoring not essential oils; Flavorings for foods and beverages; Food flavorings; Herbal food beverages; Herbal tea for food purposes; Tea. FIRST USE: 20170403. USED IN ANOTHER FORM The mark was first used anywhere in a different form other than that sought to be registered at least as early as 01/01/2008. FIRST USE IN COMMERCE: 20170403

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

011725 050525 060903 260121

Serial Number

86412023

Filing Date

20141001

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20160223

Registration Number

5276725

Date Registered

20170829

Owner

(REGISTRANT) Blue Pacific Flavors & Fragrances, Inc. CORPORATION NEVADA 1354 South Marion Court City of Industry CALIFORNIA 91745 (LAST LISTED OWNER) BLUE PACIFIC FLAVORS, INC. CORPORATION NEVADA 1354 S MARION CT. INDUSTRY CALIFORNIA 91745

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "FLAVORS" APART FROM THE MARK AS SHOWN

Description of Mark

The color(s) light blue, dark blue, purple, orange, yellow, green, brown, white, red, grey and black is/are claimed as a feature of the mark. The mark consists of: a rectangular carrier with a white outline with the word "Blue" in light blue and dark blue; the word "Pacific" in yellow and orange; The words "Farm to Flavor" in yellow with black outline; an image of an orange with white and yellow flowers and green leaves; a landscape background featuring images of water in purple, dark blue and light blue, a beach in white, brown cliffs, green and brown farmland with green trees, and farm with white red, brown, grey and black buildings.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Michael N. Cohen

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

IOI

Translation

Goods/Services

- IC 030. US 046.G & S: Tea; Tea bags; Herbal tea for food purposes; Iced tea; Tea-based beverages with fruit flavoring; Syrups for making tea; Mixes in the nature of powders used in the preparation of tea based beverages; Instant teas; Ginger tea; Ginseng tea; Coffee; Coffee beans; Coffee-based beverage containing milk; Chocolate; Chocolate syrup; Cocoa; Candy; Tea flavored candy; Candy bars; Bubble gum; Cakes; Cookies; Powdered ginger, namely, ground ginger; Honey; Ice cream; Ice cream drinks; Frozen yogurt. FIRST USE: 20160500. FIRST USE IN COMMERCE: 20180200

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

260101

Serial Number

90222153

Filing Date

20200929

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20210406

Registration Number

6660785

Date Registered

20220301

Owner

(REGISTRANT) 101 TEA, Inc. CORPORATION CALIFORNIA 46859 Warm Springs Blvd. Fremont CALIFORNIA 94539

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Otto O. Lee

(5) WORDS, LETTERS, AND/OR NUMBERS IN STYLIZED FORM

Premier CHAGA

Mark Punctuated
PREMIER CHAGA

Translation

Goods/Services

- IC 030. US 046.G & S: Chaga tea; Chaga; Tea, namely, Chaga mushroom tea; Powdered Coffee with chaga mushroom and other mushroom additives; Powdered tea with chaga mushroom additives; Coffee based beverages, namely, coffee blends also containing chaga mushroom, chaga powder, herbal infusions, herbal extracts; Herbal beverages, namely, herbal teas for food purposes, coffee based beverages, herbal infusions, herbal tea for food purposes with chaga mushroom, all of the foregoing goods containing chaga. FIRST USE: 20170415. FIRST USE IN COMMERCE: 20170415

Mark Drawing Code

(5) WORDS, LETTERS, AND/OR NUMBERS IN STYLIZED FORM

Design Code

Serial Number

87766108

Filing Date

20180123

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

Registration Number

5505240

Date Registered

20180626

Owner

(REGISTRANT) Premier Home Shopping, Inc. CORPORATION CALIFORNIA 14361 Euclid St., Unit 3H Garden Grove CALIFORNIA 92843

Priority Date

Disclaimer Statement

Description of Mark

Color is not claimed as a feature of the mark. The mark consists of the word "PREMIER" in a script typeface accompanied by the word "CHAGA" in all capital letters in a block typeface.

Type of Mark

TRADEMARK

Register

SUPPLEMENTAL

Live Dead Indicator

LIVE

Attorney of Record

Nicholas You

(4) STANDARD CHARACTER MARK

EQUATOR COFFEES

Mark Punctuated

EQUATOR COFFEES

Translation

Goods/Services

- IC 030. US 046.G & S: Coffee; coffee beans; caffeine-free coffee; prepared coffee and coffee-based beverages; tea; herbal tea for food purposes; green tea; oolong tea. FIRST USE: 20190411. USED IN ANOTHER FORM The mark was first used anywhere in a different form other than that sought to be registered at least as early as 02/26/2010. FIRST USE IN COMMERCE: 20190411

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

88897560

Filing Date

20200501

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20200901

Registration Number

6200146

Date Registered

20201117

Owner

(REGISTRANT) Equator Coffees, LLC LIMITED LIABILITY COMPANY DELAWARE 115 Jordan Street San Rafael CALIFORNIA 94901

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "COFFEES" APART FROM THE MARK AS SHOWN

Description of Mark

Type of Mark

TRADEMARK

Register
PRINCIPAL

Live Dead Indicator
LIVE

Attorney of Record
Linda Stoick

(4) STANDARD CHARACTER MARK

VERISMO

Mark Punctuated

VERISMO

Translation

The English translation of "VERISMO" in the mark is "realism".

Goods/Services

- IC 007. US 013 019 021 023 031 034 035.G & S: electric milk frothers. FIRST USE: 20121031. FIRST USE IN COMMERCE: 20121031
- IC 011. US 013 021 023 031 034.G & S: Electrical appliances, namely, espresso machines and coffee makers for domestic use [; non-paper reusable coffee filters being parts of electric coffee makers]. FIRST USE: 20121031. FIRST USE IN COMMERCE: 20121031
- (CANCELLED) IC 016. US 002 005 022 023 029 037 038 050.G & S: [instructional booklets in the field of making beverages]. FIRST USE: 20121031. FIRST USE IN COMMERCE: 20121031
- IC 029. US 046.G & S: Dried milk powder; powdered milk; milk; flavored milk; milk based beverages containing coffee or fruit juice. FIRST USE: 20121031. FIRST USE IN COMMERCE: 20121031
- IC 030. US 046.G & S: Coffee; ground coffee beans; cocoa; tea and herbal tea for food purposes; coffee, tea, cocoa and espresso beverages; beverages made with a base of coffee; beverages made with a base of espresso; beverages made with a base of tea; [powdered chocolate; sauces to add to beverages; chocolate syrup; chocolate sauce;] coffee pods contained in single-serve units for coffee brewing machines; [liquid and] powdered beverage mixes in the nature of concentrates, [syrups] or powders used in the preparation of tea, and coffee [chocolate,] beverages [; flavoring syrups for beverages]. FIRST USE: 20121031. FIRST USE IN COMMERCE: 20121031

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

85561246

Filing Date

20120306

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20130416

Registration Number

4584888

Date Registered

20140812

Owner

(REGISTRANT) Starbucks Corporation DBA Starbucks Coffee Company CORPORATION WASHINGTON
2401 Utah Avenue South Seattle WASHINGTON 98134 (LAST LISTED OWNER) STARBUCKS
CORPORATION CORPORATION WASHINGTON 2401 Utah Avenue South Seattle WASHINGTON 98134

Priority Date**Disclaimer Statement****Description of Mark**

Color is not claimed as a feature of the mark.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Anessa Owen Kramer

(4) STANDARD CHARACTER MARK

CAFE MOTO

Mark Punctuated

CAFE MOTO

Translation

Goods/Services

- IC 025. US 022 039.G & S: t-shirts, hats, sweatshirts, and aprons. FIRST USE: 20010600. FIRST USE IN COMMERCE: 20010600
- IC 030. US 046.G & S: coffee, whole bean coffees, ground coffees, flavorings for coffee, tea, herbal food beverages and herbal tea for food purposes. FIRST USE: 19900701. FIRST USE IN COMMERCE: 19900701
- IC 035. US 100 101 102.G & S: online retail store services featuring barista tools and coffee makers; online retail store services featuring whole bean coffees, ground coffees, flavorings for coffee, tea, herbal food beverages and herbal teas, cinnamon, nutmeg, tea balls, scoops, cappuccino cups, saucers, coffee cups, tea cups, mugs, and t-shirts. FIRST USE: 20050600. FIRST USE IN COMMERCE: 20050600

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

85692895

Filing Date

20120801

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20130122

Registration Number

4316570

Date Registered

20130409

Owner

(REGISTRANT) Cafe Moto CORPORATION CALIFORNIA 2619 National Avenue San Diego CALIFORNIA 92113

Priority Date

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "CAFE" APART FROM THE MARK AS SHOWN

Description of Mark

Type of Mark

TRADEMARK. SERVICE MARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

John Paul Oleksiuk

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

TG T. GRAND

Translation

Goods/Services

- IC 030. US 046.G & S: **COFFEE**-BASED BEVERAGES, CANNED **TEA; TEA**-BASED BEVERAGES WITH FRUIT FLAVORINGS; **TEA; COFFEE**-BASED BEVERAGE CONTAINING MILK; **TEA**-BASED BEVERAGES CONTAINING MILK; BEVERAGES MADE OF **TEA**; FRUIT **TEA** AND **HERBAL TEA FOR FOOD PURPOSES**. FIRST USE: 20050407. FIRST USE IN COMMERCE: 20050407
- IC 032. US 045 046 048.G & S: SODA, NAMELY, SODA PULP, SODA WATER; CARBONATED BEVERAGES; MINERAL WATER, SPORTS DRINKS, NON-ALCOHOLIC BEVERAGES CONTAINING FRUIT JUICES; FRUIT JUICES. FIRST USE: 20050407. FIRST USE IN COMMERCE: 20050407

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

031519 031524 031525 270303

Serial Number

78678065

Filing Date

20050726

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20061031

Registration Number

3326485

Date Registered

20071030

Owner

(REGISTRANT) T. GRAND International Co., Ltd. CORPORATION TAIWAN 7F., No. 192, Sec. 3,
Chongyang Rd. Sanchong Dist. New Taipei City 24162 TAIWAN

Priority Date

Disclaimer Statement

Description of Mark

The color(s) black and red is/are claimed as a feature of the mark. The color black appears in the wording "T. GRAND." The color red appears in the design element, which is situated over the above-mentioned wording.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Steven M. Rabin

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated

NATURHERBAO

Translation

The non-Latin character(s) in the mark transliterates into XIAN; RAN; KANG; BAO, and this means IMMORTAL; NATURAL; HEALTH; TREASURE in English.

Goods/Services

- IC 030. US 046.G & S: Coffee; tea; beverages made of tea; tea substitutes; alimentary paste; corn starch for food; herbal tea for food purposes; herbal food beverages; candy; herbal candy, not for medical purposes and processed herbs. FIRST USE: 20041120. FIRST USE IN COMMERCE: 20060628

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code

040701 050325 260121 280103

Serial Number

78664127

Filing Date

20050705

Current Filing Basis

1A

Original Filing Basis

1B

Publication for Opposition Date

20060321

Registration Number

3206911

Date Registered

20070206

Owner

(REGISTRANT) Natural Health Care Development Limited LIMITED LIABILITY COMPANY HONG KONG Unit 01, 19/F., Star Centre 443-451 Castle Peak Road Kwai Chung HONG KONG

Priority Date

Disclaimer Statement

Description of Mark

Color is not claimed as a feature of the mark. The mark consists of the word Naturherbao, four Chinese characters and a circular device.

Type of Mark

TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

(4) STANDARD CHARACTER MARK

ENERGINSENG

Mark Punctuated

ENERGINSENG

Translation

Goods/Services

- IC 030. US 046.G & S: [Bakery products; bakery desserts; bakery goods; baking powder; bases for making milk shakes; biscuits; bonbons; bread; bread sticks; breakfast cereals; brownies; bubble gum; buns; cake mixes; cakes; candy; candy bars; candy cake decorations; candy decorations for cakes; candy coated popcorn; cappuccino; cereal based snack food; chicory based coffee substitute; chocolate; chocolate chips; chocolate covered nuts; chocolate fondue; chocolate food beverages not being dairy-based or vegetable based; chocolate mousse; chocolate powder; chocolate syrup; chocolate topping; chocolate truffles; chocolate-based fillings for cakes and pies; chocolate based ready to eat food bars; cocoa; cocoa mixes;] coffee; coffee beans; coffee substitute; coffee-based beverage; coffee-based beverage containing milk [; cones for ice cream; confectionery chips for baking; cookies; crepes; dessert mousse; dessert souffles; eclairs; espresso; extracts used as flavoring which are not essential oils; food flavoring made of non-essential oils; flavored and sweetened gelatins; flavored, sweetened gelatin desserts; flavored ices; flavoring additives for non-nutritional purposes; flavoring syrup; food package combinations consisting primarily of bread, crackers, and/or cookies; food starch; herbal tea for food purposes; herbal food beverages; herbal infusions; processed ginseng used as an herb, spice or flavoring; hot chocolate; ice; fruit ice; ice cream; ice cream drinks; ice cream substitute; icemilk; iced tea; icing mixes; milk shakes; mixes for bakery goods; natural sweetener; shakes; sherbet; sorbet; stuffing mixes containing bread; tea; tea for infusions; tea-based beverages; topping syrup; grain-based beverages; grain-based food beverages; wafers; and, waffles]. FIRST USE: 20010100. FIRST USE IN COMMERCE: 20040100

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Design Code

Serial Number

76600873

Filing Date

20040707

Current Filing Basis

1A

Original Filing Basis

1A

Publication for Opposition Date

20060117

Registration Number

3078162

Date Registered

20060411

Owner

(REGISTRANT) Leelin, Maria Teresa INDIVIDUAL UNITED STATES 10329 Painter Ave., Suite 333 Santa Fe Springs CALIFORNIA 90670

Priority Date

Disclaimer Statement

Description of Mark

Type of Mark

TRADEMARK

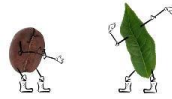
Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record



Coffee vs. tea smackdown

Which beverage will claim the world title for healthiest drink?

By Anahad O'Connor, Aaron Steckelberg and Garland Potts
Oct. 4 at 6:05 a.m.

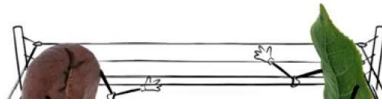
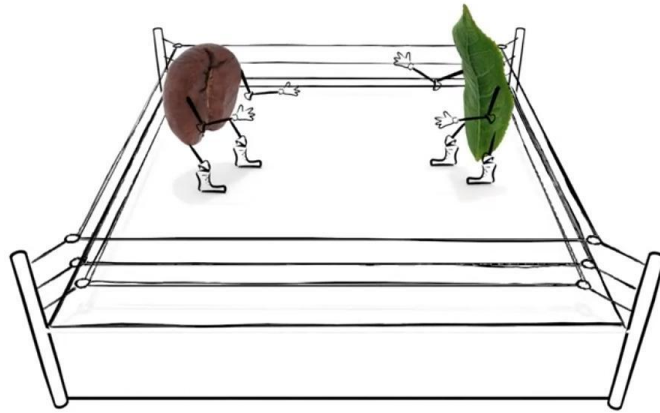
📧 📌 🗨️ 1221

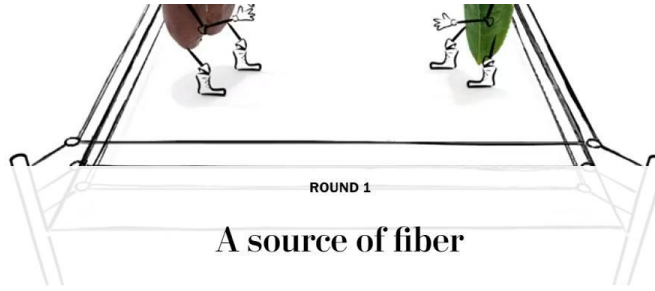
Do you start your mornings with a potent dose of caffeine from a freshly brewed cup of Joe? Or do you prefer a slightly less caffeinated nudge from a warm and gentle cup of tea?

Whatever your preference, scientists have found that regularly drinking coffee or tea can provide a variety of health benefits. But how do coffee and tea compare in a head-to-head matchup? We took a look at the research, and here's what we found.

But first, pick your favorite hot beverage.

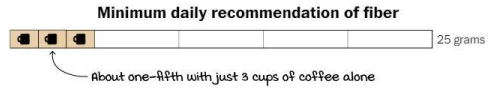
I prefer **COFFEE**
 My pick is **TEA**





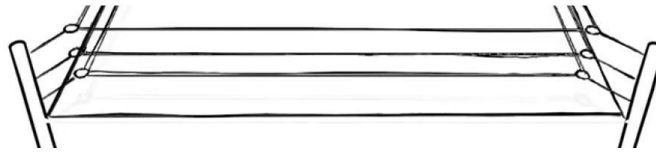
A source of fiber

Did you know that your morning coffee includes a dose of fiber? One study found that on average, coffee has between 1.1 and 1.8 grams of fiber per cup, depending on whether it's filtered, espresso or instant.



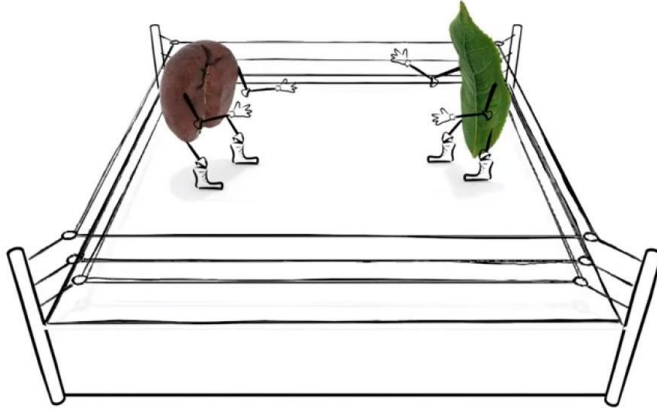
That might not sound like much. But it's more fiber than you'll find in orange juice, which has about a half gram of fiber per cup. You'll still need to eat plenty of fruits and vegetables to get the recommended 25 grams of daily fiber, but two or three cups of coffee a day can help you get there. A cup of tea on the other hand typically will not help you meet your daily fiber requirements — unless of course you decide to munch on the tea leaves.

Score one for coffee.

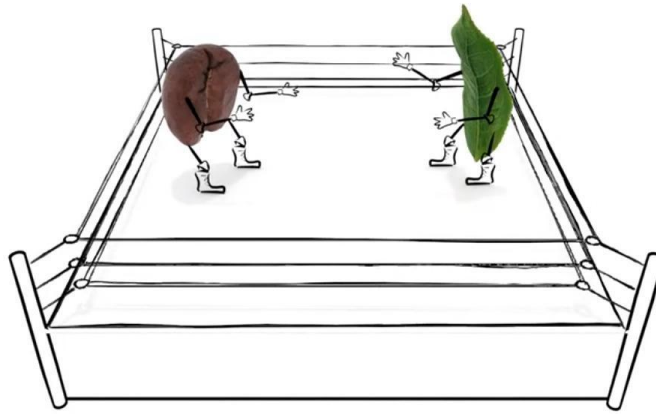


Let's go!

CONTINUE SCROLLING



CONTINUE SCROLLING



ROUND 2
CONTINUING

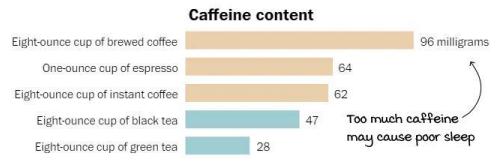
Mental focus

Need to get some work done? Studying for a big exam? The caffeine in both coffee and tea will help you concentrate. [Studies show](#) that caffeine can improve your attention span, vigilance, alertness and reaction time. But too much caffeine can lead to jitteriness and over-arousal, which can end up hurting your performance.

Story continues below advertisement

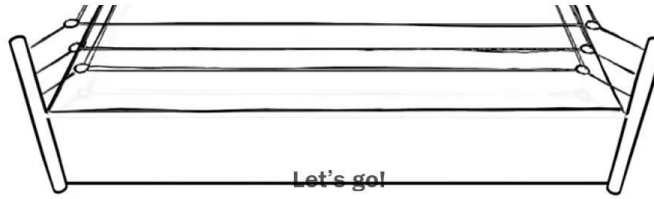
Advertisement

The amount of caffeine in coffee and tea can vary widely depending on a lot of factors. But according to the [Mayo Clinic](#), an 8-ounce cup of brewed coffee contains around 100 milligrams of caffeine. (Espresso and instant coffee have less.) By comparison, an 8-ounce cup of black tea has around 50 milligrams of caffeine.

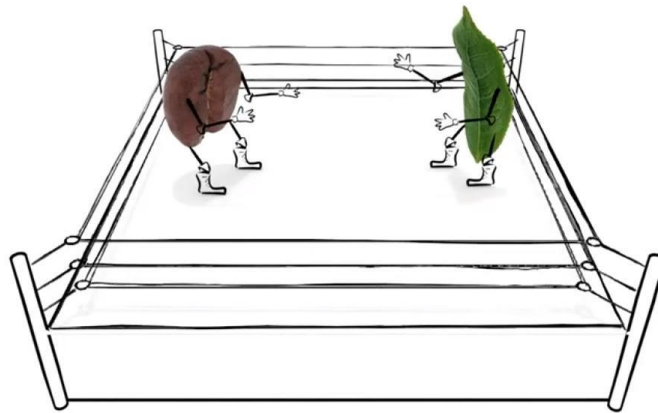


So, which is better, coffee or tea? [One study](#) asked people to drink four cups of coffee or tea throughout the day. Both beverages had similar effects on alertness and cognitive performance. But the tea had one big advantage over coffee: It had enough caffeine to aid performance, but not so much that it disrupted sleep.

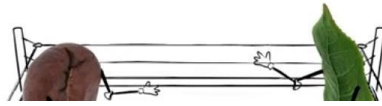
Score one for tea!

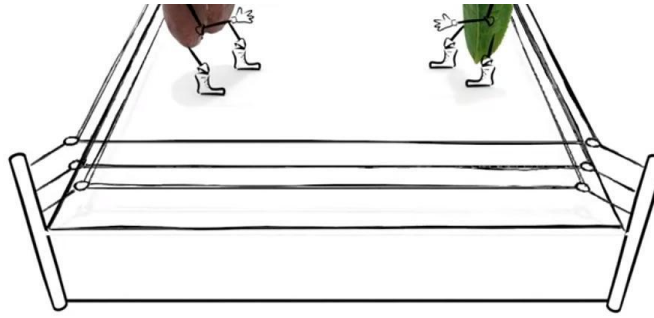


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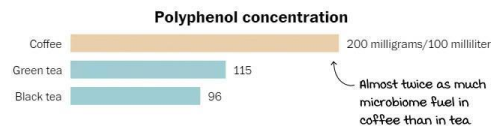




ROUND 3

A boon to the gut microbiome

Coffee and tea are good sources of polyphenols — plant compounds that are thought to confer many health benefits. [Studies suggest](#) that polyphenols can lower your risk of developing chronic diseases, and they are “rocket fuel” for beneficial bacteria that make up your gut microbiome, the communities of trillions of microbes that live inside our guts, said Tim Spector, a professor at King’s College London. Coffee [has significantly more](#) polyphenols than green tea, and green tea has more polyphenols than black tea.

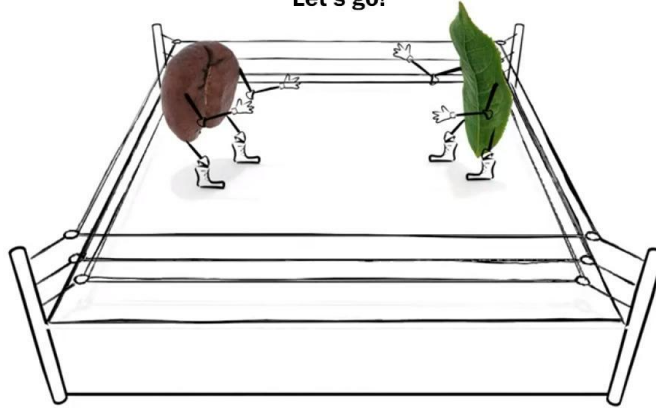


Spector and his colleagues can tell whether someone is a coffee drinker just by analyzing their poop. “There are specific microbes that seem to

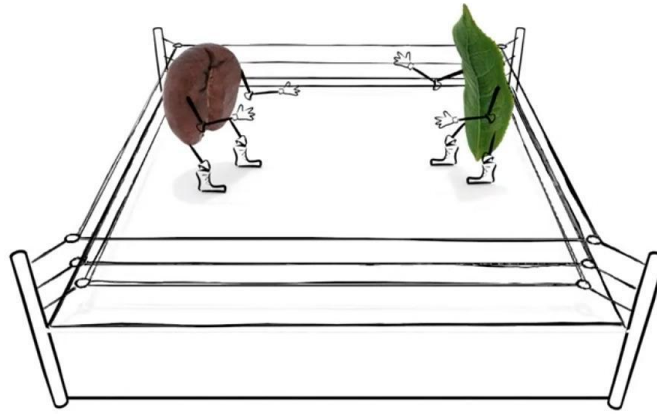
grow pretty well in people who drink a lot of coffee," he said. They haven't found a similar effect in tea drinkers.

This round goes to coffee.

Let's go!



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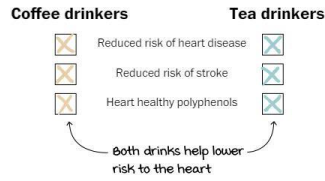
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ROUND 4

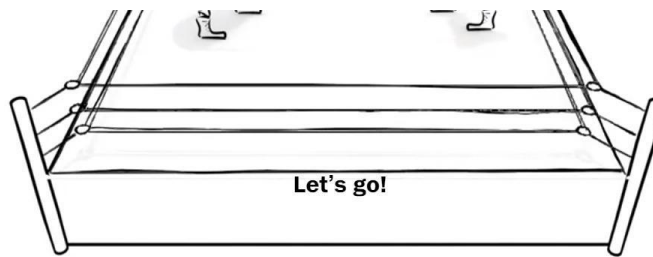
Lower risk for heart disease

According to large population studies, *coffee* and *tea* both appear to be good for your heart, lowering risk for heart disease and stroke.

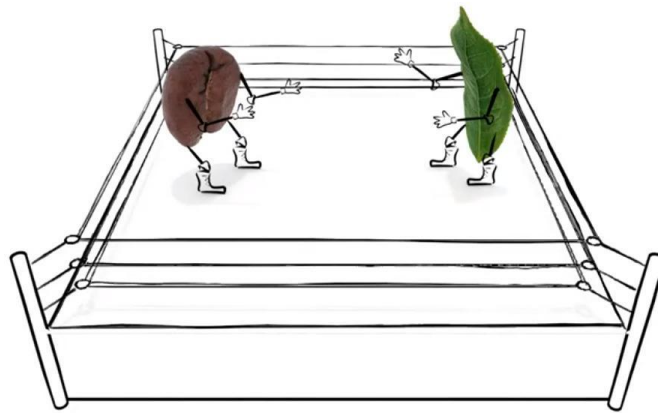


But these studies aren't conclusive — it may be that coffee and tea drinkers have a lot of other heart-healthy habits, like exercising more or eating healthier diets. But it appears the antioxidants and polyphenols in coffee and tea have a protective effect on heart health. Clinical trials show that regularly consuming tea, especially green tea, may slightly improve blood pressure and **cholesterol**. Drinking decaffeinated coffee — about two to four cups a day — [has also been linked](#) to reductions in heart disease. This suggests that any cardiovascular benefits from drinking coffee and tea probably stem from compounds other than caffeine. There are more studies linking coffee to heart health than there are for tea. But you can't go wrong either way.

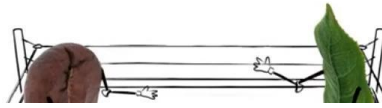
It looks like this round is a draw.

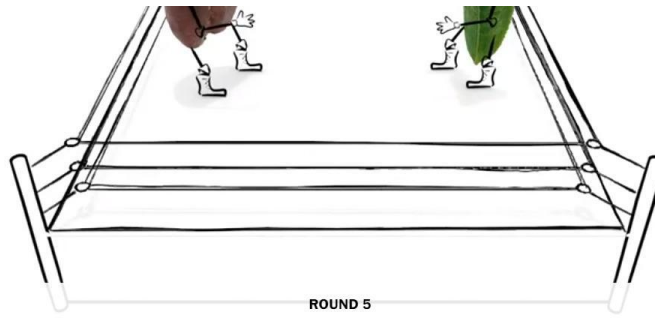


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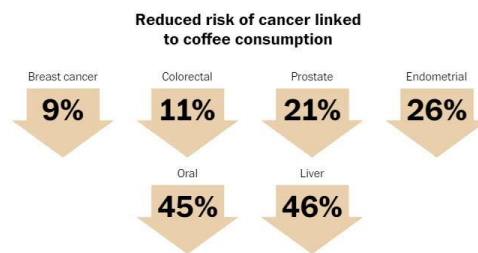
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Lower cancer risk

Many studies over the years have found that coffee drinkers have lower rates of cancer, including a meta-analysis of [59 studies](#) across 40 cohorts that showed regular coffee drinkers had a 13 percent lower risk of developing cancer compared to seldom or never drinkers. Regular coffee drinking may offer some protection against [colorectal](#), [prostate](#), [liver](#), [endometrial](#), [oral](#) and [breast cancers](#).



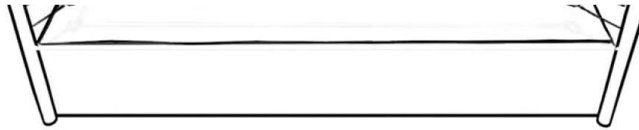
The data aren't conclusive, but the American Cancer Society says coffee contains hundreds of [biologically active compounds](#) including some

contains hundreds of biologically active compounds, including some that have been shown to reduce inflammation, prevent damage to cells, and regulate genes involved in DNA repair. “Whether it’s cancer, obesity or heart disease, inflammation is the enemy, and one way you can dampen inflammation is by drinking coffee,” said Sanjiv Chopra, a professor of medicine at Harvard Medical School and the author of “Coffee! The Magical Elixir.”

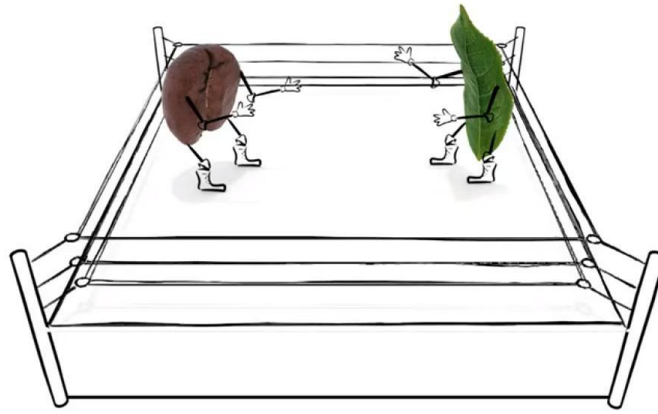
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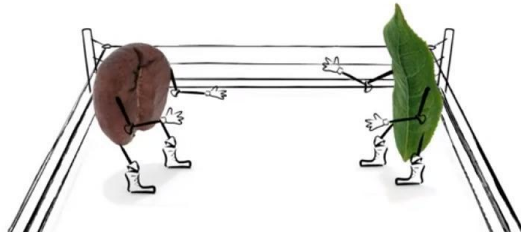
So far, studies haven’t found a link between tea consumption and cancer prevention. One [meta-analysis](#) of 113 studies found “little evidence to support the hypothesis that tea drinking is associated with cancer risk.” In this round, at least from the studies so far, coffee is the clear favorite.

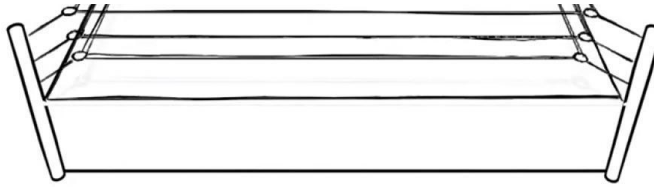


CON Let's go! ING



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ROUND 6

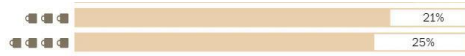
Type 2 Diabetes

A cup of coffee can produce a short-term spike in blood sugar levels due to the caffeine it contains. Yet large studies show that people who routinely drink coffee are less likely to develop Type 2 diabetes. Marilyn C. Cornelis, an associate professor of preventive medicine at Northwestern University and an expert on coffee, tea and caffeine metabolism, says this could be due to coffee's large concentration of chlorogenic acid, a polyphenol that's been [shown in some studies](#) to improve insulin sensitivity and blood sugar control.

A [meta-analysis](#) of research that included more than 1 million people found that those who drank up to four cups of coffee daily had a 25 percent lower risk of developing diabetes compared to people who drank little or no coffee. People who drank up to four cups of decaf a day had a 20 percent lower risk. "Coffee is highly beneficial for reducing the risk of diabetes," said Cornelis.

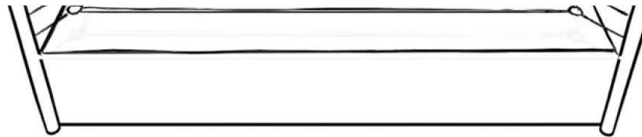
Relative risk of type 2 diabetes



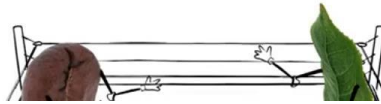


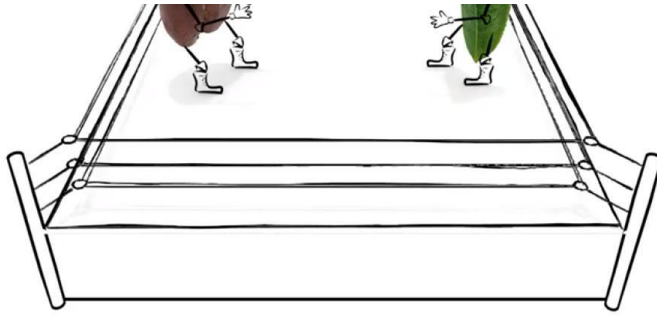
Risks of developing type 2 diabetes went down as consumption went up

While tea does not contain chlorogenic acid, it does have other plant compounds that are thought to be beneficial for blood sugar control. But studies looking at the relationship between tea consumption and diabetes risk have produced conflicting findings. Some suggest that having four or more cups of green, black or oolong tea daily can reduce diabetes risk. A meta-analysis of randomized trials found that green tea could reduce blood sugar levels. But other studies have found no clear link between tea and diabetes risk. Ultimately experts say the evidence that coffee may be at least somewhat protective against diabetes is stronger than it is for tea. Another win for coffee!

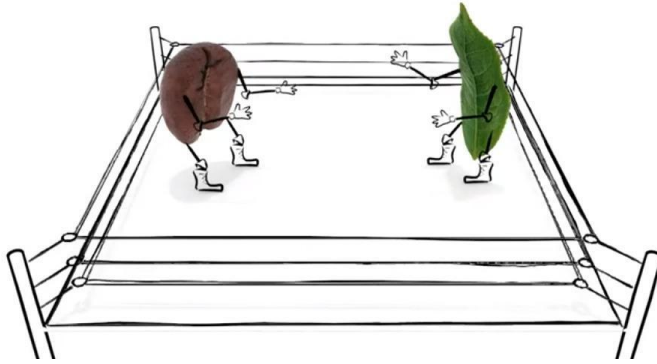


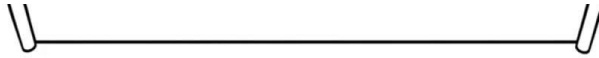
Let's go!
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ROUND 7

Stress levels

If you want a smooth and gentle beverage that might even melt some stress away, then look no further than tea — or as the famous author P.L. Travers called it, “balm for the soul.” [Studies have found](#) that when people are stressed, drinking green or black tea can help them feel more relaxed and [lower their levels of cortisol](#), the stress hormone. [Studies suggest](#) that this is in part due to L-theanine, a compound found in tea — particularly green and black teas — that seems to promote relaxation. “L-theanine has kind of a calming effect,” Cornelis at Northwestern said. “It’s sometimes even included in melatonin supplements to help with sleep.”

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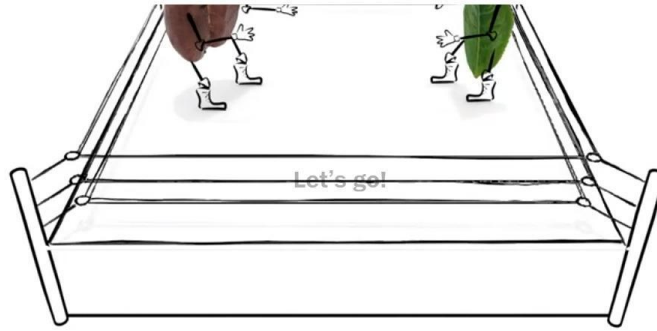


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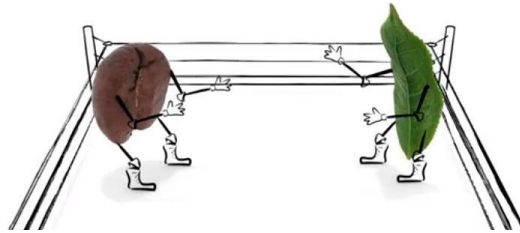
Compared to tea, coffee contains much higher levels of caffeine, and caffeine is [known to stimulate cortisol](#) levels and elevate your mood. But as anyone who has ever had one too many energy drinks or cups of coffee can attest, caffeine can also cause [jitteriness, anxiety and](#)

insomnia when consumed in excess.

Long story short, if it's relaxation you're after, then a cup of tea is your safest bet. Another round goes to tea.

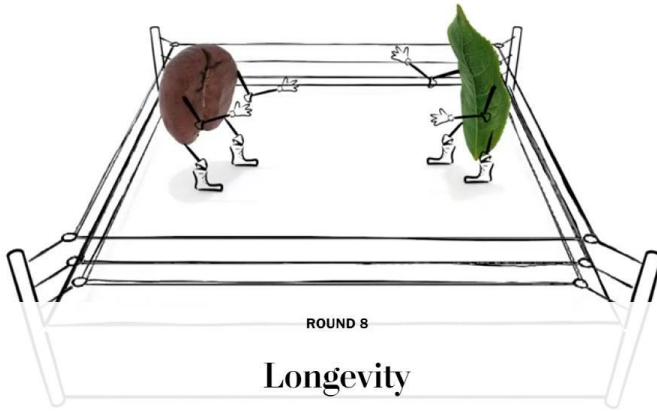


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Coffee and tea lovers, rejoice! Coffee and tea drinkers tend to live longer than people who don't drink either beverage.

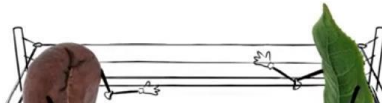
For tea drinkers, both green and black tea are associated with greater longevity. In one recent study, scientists followed a half million people over a 14-year period and found that people who drank at least two cups of tea daily had a 9 to 13 percent lower risk of dying during the study period compared to non-tea drinkers. The study was carried out in the United Kingdom, where most of the tea drinkers consumed black tea. But large studies of green tea drinkers have reached similar findings.

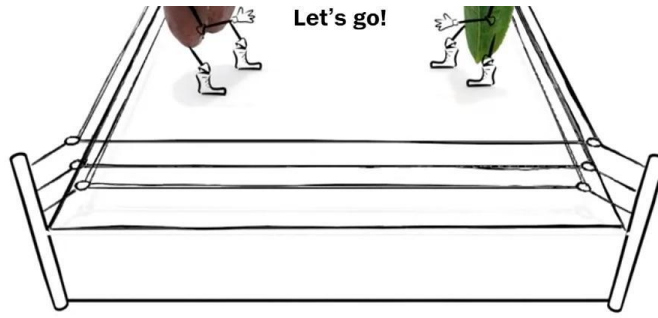
Black tea and especially green tea are rich in polyphenols and other beneficial compounds, "and these compounds could potentially reduce stress and inflammation in the body," said Maki Inoue-Choi, a staff scientist at the National Institutes of Health and lead author of the recent tea study. More research is needed to understand the potential mechanisms involved.

As for coffee, a July study followed almost 172,000 people and found that those who drank 2.5 to 4.5 cups of coffee per day had a 30 percent lower likelihood of dying during the roughly seven years of the study compared to people who didn't drink coffee. Even those who drank their coffee with a teaspoon of sugar seemed to gain a benefit.

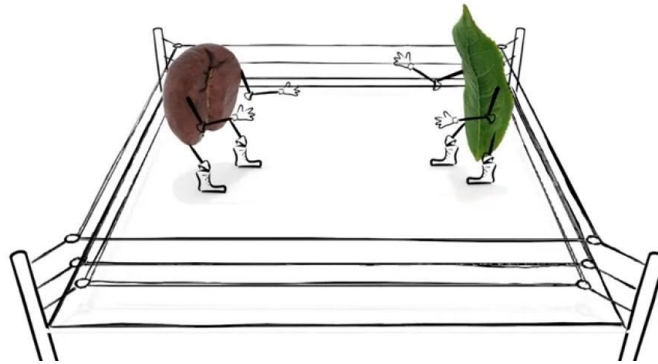
These studies come with an important limitation: They are observational, meaning they can't prove causation. But tea and coffee provide so many health benefits that it's reasonable to conclude that they could lower your odds of an early death, say experts. Chopra at Harvard Medical School pointed out that at least five large studies in leading medical journals have now shown that coffee drinkers have lower mortality rates. "These studies keep coming and coming," he said.

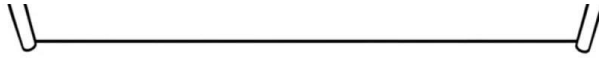
This round is a draw.



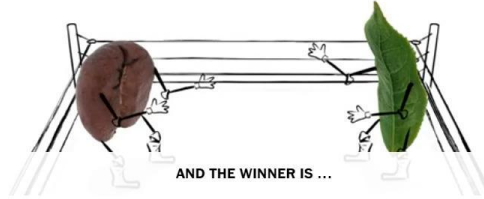


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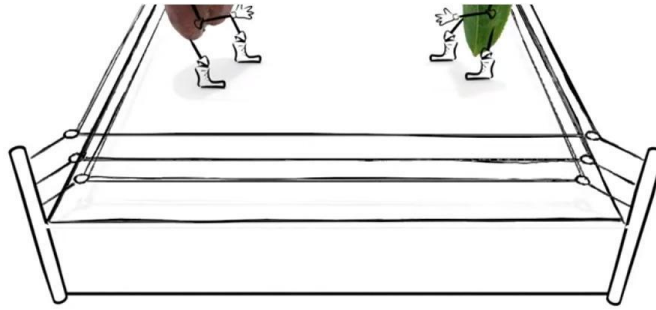


In this battle over health benefits, coffee comes out on top. Coffee drinkers can raise a mug to fiber, microbiome health and lowering risk for cancer and diabetes. But tea drinkers, do not despair. Tea is undoubtedly good for your blood pressure, cholesterol, stress levels, mental health and productivity. And both drinks are winners when it comes to heart health and longevity. And for tea, especially, there are likely more health benefits that are yet to be discovered.

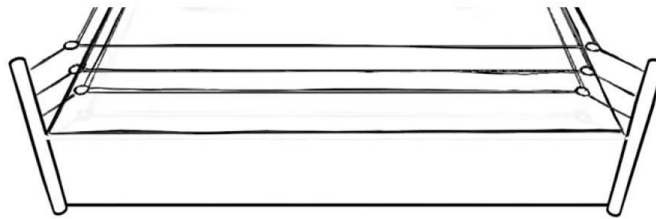
One reason coffee is linked to more health benefits than tea is that it's been the subject of far more studies, said Chopra at Harvard Medical School. "I tell my tea drinker friends that we may learn in the years to come that tea has additional benefits," he added.

If you are neither a coffee nor a tea drinker, don't feel pressured to change. The [Dietary Guidelines for Americans](#) state that people who don't drink coffee or tea aren't encouraged to start. Plain or flavored water and milk are also good healthy options.

There is one final category in the tea and coffee smackdown that should be considered: [popularity](#). It's been estimated that the world drinks [three cups of tea](#) for every cup of coffee. And tea is the [second most popular beverage](#) in the world. The first is water.



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By **Anahad O'Connor**

Anahad O'Connor is a columnist on The Washington Post's Well+Being desk, where he writes about food and nutrition. [Twitter](#)



By **Aaron Steckelberg**

Aaron Steckelberg is a senior graphics reporter who creates maps, charts and diagrams that provide greater depth and context to stories over a wide range of topics. He has worked at the Post since 2016. [Twitter](#)



By **Garland Potts**

Garland Potts is a designer at The Washington Post.

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What is a "cup"? No one coffee maker matches another. I have some old mugs. They are small. I also have more recent mugs. They are typical. But then there are monster beverage containers. Is a mug a cup? Remember cups in fancy restaurants with saucers?! Is that a cup?
aleatory peregrinator 7 months ago

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Two great joys. Hot cup of Red Rose (or any strong black tea) on a cold evening. Cup of 100% Colombian (pretty much any brand) and the newspaper before the rest of the household wakes up. Add real cream occasionally and we are entering euphoria territory. Health benefits are nice to consider but merely collateral.

KensingtonPk 7 months ago

 Replies 9 [Go to conversation](#)

What if I drink both? Coffee in the morning, tea in the afternoon, almost every day. Am I going to live forever?

monkfish21 7 months ago

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Seems to me this article is missing several potentially huge factors. 1) whether you add milk. Most people do not drink tea with milk but do add loads of milk to coffee. 2) Whether you add sugar, and if you do, what kind. Many coffee drinkers use refined white sugar while many tea drinkers use honey. 3) whether you add other ingredients. Coffee is always just coffee. But many people have green or black tea mixed with chamomile, ginger, and other healthful additives. 4) What direct effect coffee has on your stomach. Many coffee drinkers get heartburn so they have to spike it with milk or they are already on something much worse like Nexium. In contrast, ginger, etc. added to tea actually reduces heartburn. The clear winner: tea with a little honey and helpful additives, compared to coffee with loads of white sugar and cow's milk. Right?

RuffRider77 7 months ago

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FOOD & COOKING

Tea and Coffee Are Both Good Sources of Antioxidants and Caffeine, but Which Is Better for You?

Registered dietitians weigh in on the health benefits of tea vs. coffee.

By [Kirsten Nunez](#) | Published on June 23, 2022



PHOTO: NIKOLAY PONOMARENKO / GETTY IMAGES

For many of us, starting the day with a drink is an essential morning ritual. And while some folks might opt for beverages like [orange juice](#) or plain water, most people reach for tea or [coffee](#). These drinks, after all, are some of the [most widely consumed beverages](#) in the world. Even the act of consuming each brew offers its own unique experience. But when it comes to health and wellness, is one better than the other? To find out, we spoke to registered dietitians to find out which drink comes out on top.

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Health Benefits of Tea

Now, it's worth mentioning that there are *hundreds* of types of tea. But tea, in general, is a wonderfully nutritious drink, especially when consumed regularly. For starters, it's teeming with [antioxidants](#). A quick recap: Antioxidants are beneficial molecules that protect the body from free radicals, according to [Harvard T.H. Chan School of Public Health](#). Free radicals are unstable atoms that, when present in high levels, can lead to [oxidative stress](#). Over time, oxidative stress can damage cells and lead to chronic conditions like heart disease and cancer—but consuming plenty of antioxidants (like those found in tea) could potentially reduce your risk. Green and black tea are particularly rich in antioxidants called polyphenols, says Kelsey Lorencz, RD, registered dietitian and founder of [Graciously Nourished](#). Even [herbal teas](#), like [peppermint](#) and chamomile, have antioxidants, though in smaller amounts.

Both green and black tea also boast a moderate amount of caffeine, about [47 milligrams](#) and [28 milligrams per 8-ounce cup](#), respectively. Caffeine has an energizing effect; this can be helpful for jumpstarting your day, whether you're heading to work or tackling chores. What's more, caffeine supports cognitive functions like learning and memory, according to a [2021 article](#) in the journal *Nutrients*. And get this: Caffeine is an antioxidant itself, meaning it protects cells against oxidative stress, further adding to the [health benefits of tea](#).

Health Benefits of Coffee

Coffee, like tea, is packed with antioxidants. It's most known for its high content of chlorogenic acid, an antioxidant compound that protects against oxidative stress, says [Kerry Hackworth](#), MS, RD, registered dietitian at National Dairy Council. Chlorogenic acid also has [anti-inflammatory and](#)

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[neuroprotective properties](#), which could play a potential role in staving off chronic conditions. In fact, drinking coffee is associated with a [lower risk of neurodegenerative conditions](#) like dementia and Alzheimer's disease. Furthermore, the brew may help slow muscle loss associated with aging, according to registered dietitian [Maddie Pasquariello, MS, RDN](#).

And when it comes to [caffeine](#)? You can't go wrong with coffee. The brew contains more caffeine than tea, which might be ideal if you have a high tolerance to the substance. For context, one 8-ounce cup of brewed coffee contains 96 milligrams of caffeine, according to the [Mayo Clinic](#). That's more than double the caffeine in black tea and four times as much in green tea.

So, Which Is Healthier: Tea or Coffee?

It depends. Both tea and coffee have notable health benefits for the body, and both drinks can be part of a healthy diet. Thus, the "best" option depends on what's most important to you.

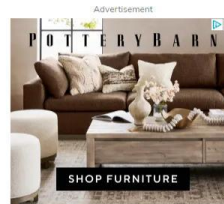
For example, if it's the antioxidants you're after, either beverage can check that box. But if you're looking for something to soothe a bout of nausea, a cup of hot tea will be more likely to hit the spot. It also depends how you prepare each drink. For instance, if you want or need to limit excess sugar, drinking either beverage with a sweetener might not be ideal for your situation.

Another factor to consider is the caffeine content each drink, and [how your body responds to caffeine](#). Remember, coffee has about two to four times more caffeine than tea—so if you're sensitive to the substance, tea may be a better choice, says Lorenz. Or if you can tolerate caffeine but find that coffee makes you jittery, you may be better off drinking matcha (a type of green tea) or black tea, which [contain less caffeine](#), notes Pasquariello. Additionally, the [time of day](#) matters. "Caffeine has a long half-life, [meaning] it will remain in your system for hours after you drink it," says Pasquariello. So if you consume coffee or caffeinated tea in the afternoon, you might feel wired come bedtime. This can disrupt your ability to get quality sleep, which can be unhealthy and stressful for the body.

Most importantly, think about your own personal health concerns. Some medications and conditions, such as irritable bowel syndrome, might not play well with large amounts of caffeine. This means you might need to limit or skip highly caffeinated drinks, such as coffee. Likewise, if you're trying to become pregnant, currently pregnant, or breastfeeding, you'll need to limit your caffeine intake, notes Hackworth. This might mean



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drinking coffee or tea in certain amounts, though "it's always best to consult a doctor or registered dietitian for individualized advice," she adds.

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Finally, it's worth considering which drink simply brings you joy. After all, whether it's a bold cup of joe or an [earthy green tea](#), these small, everyday pleasures are crucial for your well-being. And by acknowledging how each drink fits into your lifestyle, health, and overall needs, you can determine which one works best for you.

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TEA VS. COFFEE

Tea and coffee have both long been touted for their physical, mental, emotional and social benefits. While both drinks have their advantages, both tea enthusiasts and coffee lovers will defend their drink of choice to the end. With the fierce competition between the two drinks, it may be difficult to sort out what's true and what's just hype. The following comparisons examine the potential benefits of the world's two most popular hot drinks, allowing you to decide for yourself how they stack up. That being said, we see absolutely no reason why you can't be a tea and a coffee person.

SOCIAL BENEFITS

Both tea and coffee serve important social functions. For millennia, friends and family members have used the two drinks as a reason to gather and discuss everything from diplomatic measures to the latest gossip. Today, the drinks continue to be a mainstay of discussion groups, although they now tend to be split by function.

For example, tea is considered the drink of relaxation, which is why friends often use it as a way to unwind after a long day. Coffee, on the other hand, has come to be associated with the work world. Coworkers frequently gather around the coffee pot to take a break from their duties and charge up for the rest of the day.

CAFFEINE

Is caffeine beneficial? It depends who you ask: The harried worker facing a 16-hour shift may depend on the energy boost that caffeine provides, but researchers disagree on whether caffeine serves as a health risk or benefit.

But when consumed in excess, caffeine can lead to reduced concentration and even panic attacks. Both coffee and several types of tea include caffeine, but coffee contains a much higher concentration. For this reason, those apt to drink large quantities are better off sticking to tea so that they don't exceed the daily recommendation of 300 milligrams.



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ANTIOXIDANTS

While green tea is most commonly associated with antioxidants, white tea actually contains more. Coffee also contains antioxidants, but in a much lower concentration than white tea.

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ANTIOXIDANTS

Coffee has its advantages, but tea wins in the war of the antioxidants. While green tea is most commonly associated with antioxidants, white tea actually contains more. Coffee also contains antioxidants, but in a much lower concentration than white tea.

Both tea and coffee are capable of providing drinkers with benefits. Despite all the research, there still is no conclusive answer as to which drink is the better health choice. Based on caffeine levels, tea might be better if you like drinking your beverages in large quantities. Otherwise, when consumed in moderation, both beverages make an excellent addition to an overall balanced diet.



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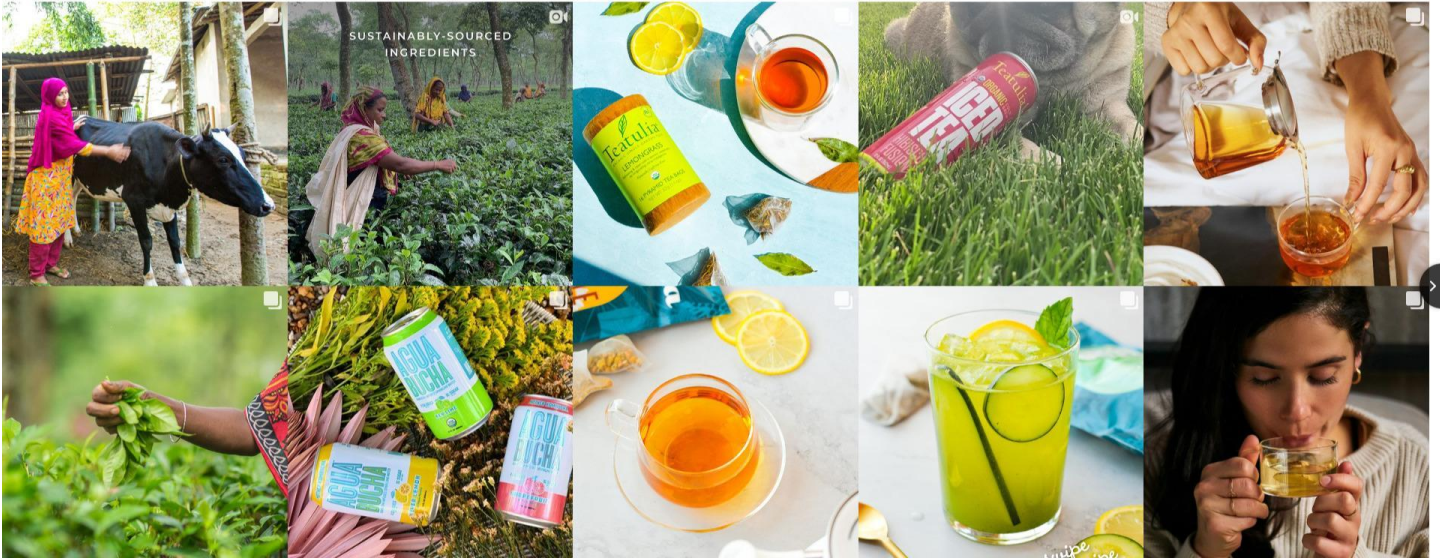
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Other Healthy Beverage Options

After [water](#), [tea](#) and [coffee](#) are the two most commonly consumed beverages on the planet. They are brimming with antioxidants, flavonoids, and other biologically active substances that may be good for health.

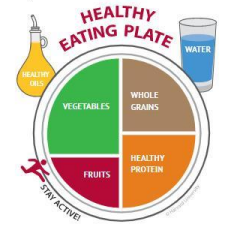
Coffee



The takeaway on coffee:

A large body of evidence suggests that consumption of caffeinated coffee does not increase the risk of cardiovascular diseases and cancers. In fact, consumption of 3 to 5 standard cups of coffee daily has been consistently associated with a reduced risk of several chronic diseases. However, some individuals may not tolerate higher amounts of caffeine due to symptoms of jitteriness, anxiety, and insomnia. Specifically, those who have difficulty controlling their blood pressure may want to moderate their coffee intake. Pregnant women are also advised to aim for less than 200 mg of caffeine daily, the amount in 2 cups of coffee, because caffeine passes through the placenta into the fetus and has been associated with pregnancy loss and low birth weight. Because of the potential negative side effects some people experience when drinking caffeinated coffee, it is not necessary to start drinking it if you do not already or to increase the amount you currently drink, as there are many

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other dietary strategies to improve your health. Decaffeinated coffee is a good option if one is sensitive to caffeine, and according to the research summarized above, it offers similar health benefits as caffeinated coffee. It's also important to keep in mind how you enjoy your brew. The extra calories, sugar, and saturated fat in a coffee house beverage loaded with whipped cream and flavored syrup might offset any health benefits found in a basic black coffee.

[LEARN MORE ABOUT THE RESEARCH BEHIND COFFEE AND HEALTH](#)

Tea



The takeaway on tea:

Tea is the simple preparation of pouring hot water over cured leaves of the *Camellia sinensis* plant. The flavor of tea varies by where the tea leaves are harvested and how they are grown and processed. Black tea is the most popular worldwide, followed by green, oolong, and white tea. Herbal teas are not made from the *Camellia* plant but from dried herbs, spices, flowers, fruit, seeds, roots, or leaves of other plants; they do not typically contain caffeine as do traditional teas. Animal studies suggest potential health benefits of tea due to its high polyphenol content. Human studies have generally been less conclusive, yet show promise. Observational research has found that tea consumption of 2-3 cups daily is associated with a reduced risk of premature death, heart disease, stroke, and type 2 diabetes. [2] However, there may be an increased risk of esophageal and stomach cancers from drinking tea that is too hot (130-140° F). [2,3] Randomized controlled trials are needed to confirm if these healthful and harmful associations are causal. In the meantime, there appears to be little risk associated with drinking tea except for frequent consumption of very hot tea. So pick a color, let it cool, and enjoy a cup!

[LEARN MORE ABOUT THE RESEARCH BEHIND TEA AND HEALTH](#)

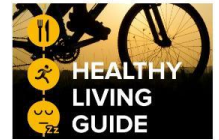
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Yerba Mate vs Coffee: Should You Make the Switch?



Kate MacDonnell



Brewing



Updated: Feb 09 2023



Yerba mate and coffee have very different flavors and preparation methods, but they have more in common than you might think. Both of these drinks offer health benefits like nutrients and antioxidants, along with the mood-boosting, focus-improving effects of caffeine.

What's the difference between yerba mate and coffee, and which should you choose to start your day? Keep reading for our detailed rundown!



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What is yerba mate?

Yerba mate is an herbal tea made with the leaves of the *Ilex paraguariensis* plant. The leaves and small twigs are collected from the plant and dried. Just like any tea, you steep them in hot water to make yerba mate.

This unique tea has a distinctive (some would say acquired) taste. It's popular in South America, particularly Argentina, where many people drink it every day out of a gourd-shaped cup with a metal straw.

What are yerba mate's health benefits?

Yerba mate is known for being full of antioxidants and nutrients. Some of that may be a little overblown since you're not getting a whole lot of nutrients in a single cup of tea. But you can expect some strange-sounding antioxidants like caffeoyl derivatives, polyphenols, and saponins (which can help lower cholesterol).

Yerba mate may also protect you from some types of cancer and obesity. It's been a medicinal drink for centuries! And that's not including one key ingredient: caffeine...



Image Credit: Unsplash

Caffeine in Yerba Mate vs Coffee

How much caffeine can you expect in yerba mate? **A cup of yerba mate typically has about 85 milligrams of caffeine, while a cup of coffee contains about 95.** That means that yerba mate is more caffeinated than regular black tea, but less than coffee. Drinking a cup of yerba mate tea will give you some of the improved focus and mood you get from drinking coffee – but a bit less.

What are coffee's health benefits?

Yerba mate may have some impressive antioxidants, but coffee boasts **quite a few health benefits**, too. Along with the mood and focus benefits of caffeine, **studies have shown that drinking coffee also reduces your risk of certain cancers, diseases like Alzheimer's and Parkinson's, and serious issues like obesity and diabetes.** Coffee can also help digestion by boosting your metabolism and increasing the production of stomach acids. According to some studies, drinking coffee even **lowers your risk of mortality overall!**



boosting your metabolism and increasing the production of stomach acids. According to some studies, drinking coffee even **lowers your risk of mortality overall!**



Brewing Methods & Flavors

Unless you live in Argentina, you may find yerba mate a little harder to get your hands on. But if

you do have access to a steady supply of leaves and twigs, you'll find yerba mate very easy to brew – just like making any cup of [loose leaf tea](#)!

Keep in mind that yerba mate has a strong bitter flavor – more like espresso than regular brewed coffee. Like with coffee, many people don't love the flavor the first time they try it. But chances are good that you can develop a taste for either drink.

Coffee is much more available around the world, and you can choose from many brewing methods. Opt for a high-end [Italian espresso machine](#) or an inexpensive [AeroPress](#), accommodating any budget. Drinking coffee also allows you to experiment with [bean origins](#), roast levels, and all kinds of [fun toppings](#).



Yerba Mate vs Coffee: Which Should You Choose?

The bottom line? If you love tea and want to try a new [herbal drink](#), you may love yerba mate. On the other hand, if you want a more accessible drink that allows you to experiment, coffee might be your best option. Our advice? Order a yerba mate and a cup of coffee at a coffee shop before you make your choice. You may be surprised by which drink you prefer – and you won't have invested more than a few dollars. Whatever you choose, we hope you enjoy your caffeinated drink!

See also:


- [Black Tea vs Coffee: Which Has More Caffeine?](#)
- [Theine vs Caffeine: What's the Difference?](#)
- [How Does Caffeine Work? What You Need to Know](#)

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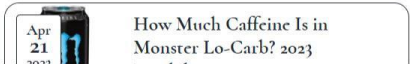


Kate MacDonnell

Kate is a lifelong coffee enthusiast and homebrewer who enjoys writing for coffee websites and sampling every kind of coffee known to man. She's tried unusual coffees from all over the world and owns an unhealthy amount of coffee gear.

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YERBA MATE

Long hailed in South American countries as a healthy, energizing social beverage, Yerba Mate is finding a new audience in North America. Notable is its ability to provide energy without the jitteriness suffered by coffee drinkers.

Its taste has been compared to that of green tea but with a more herbaceous, grassy character. Enjoyed hot or iced it can also be mixed with fruit juices for an energizing punch.

Our Yerba Mate is an herbal beverage from Brazil that contains caffeine; we would not suggest it as a nightcap.

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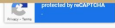
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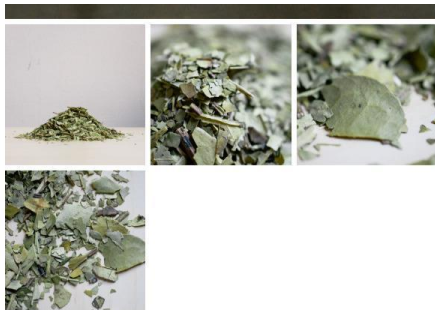
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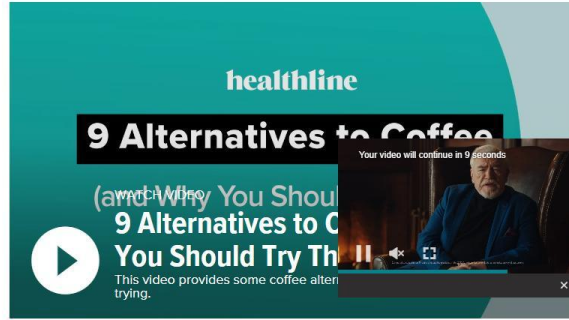


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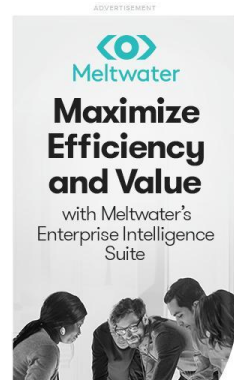
9 Alternatives to Coffee (And Why You Should Try Them)



Medically reviewed by Katherine Marengo LDN, R.D., Nutrition — By Makayla Melxner MS, RDN — Updated on July 28, 2022



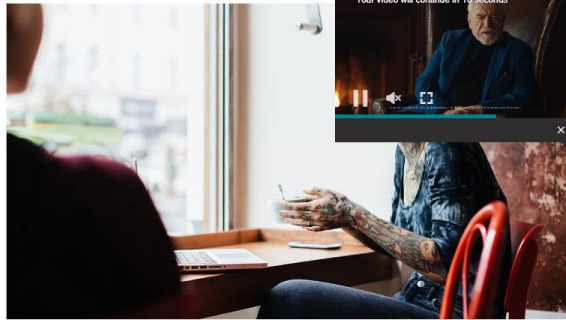
Coffee is the go-to morning beverage for many, while others choose not to drink it for a host of reasons.



For some, the high amount of caffeine — 95 mg per serving — can cause nervousness and agitation, also known as “the jitters.” For others, coffee can cause digestive distress and headaches.

Many simply don't care for the bitter taste or are bored with their usual morning cup of joe.

Here are 9 delicious alternatives to coffee you can try.



Hinterhaus Productions/Getty Images

1. Chicory coffee

Like coffee beans, **chicory root** can be roasted, ground and brewed into a delicious hot beverage. It tastes very similar to coffee but is caffeine-free.

It is also a rich source of inulin. This soluble fiber may aid in digestion and support a healthy gut by promoting the growth of beneficial bacteria — particularly *Bifidobacteria* and *Lactobacilli* (1).

In addition, it can stimulate your liver to produce more bile, which may be beneficial for fat digestion (2).

Chicory root can be found pre-ground and roasted, so it can be brewed like regular coffee grounds — in a filter coffee maker, French press, or espresso machine.

Use 2 tablespoons of grounds for every 6 ounces (180 ml) of water, adjusting the amount on your preferences.



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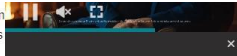
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Keep in mind that chicory root may cause digestive symptoms. If chicory root is great for your health, it may have side effects such as



In addition, you should avoid chicory root if you're pregnant or breastfeeding since research on its safety under these circumstances is lacking.

SUMMARY

Chicory root tastes similar to coffee but is caffeine-free and very high in the beneficial fiber inulin, which may aid in digestion and support a healthy gut.



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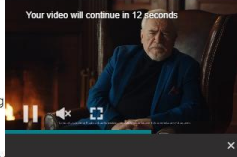
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2. Matcha tea

Matcha is a type of green tea made by steaming, drying, and grinding the *Camellia sinensis* plant into a fine powder.



In contrast to brewable green tea, you consume the whole leaf. For this reason, you're getting a much more concentrated source of antioxidants — epigallocatechin gallate (EGCG), in particular (4).

Many of the proposed benefits of matcha are attributed to EGCG. For example, observational studies suggest regularly green tea consumption may reduce your risk of high blood pressure (5).

Green tea has also been associated with reduced weight and body fat, as well as a lower risk of type 2 diabetes (5).



Matcha has a fresh flavor, which some describe as earthy.

To prepare:

1. Sift 1–2 teaspoons of matcha powder into a ceramic bowl using a fine mesh strainer.
2. Add hot, but not boiling, water — the water temperature should be around 160–170°F (71–77°C).
3. Stir slowly until the powder is dissolved, then whisk back and forth. A traditional bamboo tea whisk, called a chasen, works best.
4. The tea is ready once a light froth forms. You can also try adding 1 cup (237 ml) of steamed milk or a [non-dairy alternative](#) for a creamy matcha tea latte.

Because you consume the whole leaf, matcha is typically higher in caffeine than regular brewed green tea and sometimes higher than coffee. The amount in each serving can vary widely, with a range of 35–250 mg per cup (6⁹).

SUMMARY

Matcha tea provides an abundance of beneficial antioxidants. Depending on how it's prepared, it may have more



3. Golden milk

Golden milk is a rich, caffeine-free substitute for coffee.

This warm beverage incorporates invigorating spices such as ginger, cinnamon, turmeric and black pepper. Other common additions include cardamom, vanilla and honey.

Besides giving your drink a beautiful golden color, turmeric may have powerful anti-inflammatory properties due to the potent chemical curcumin (7⁹, 8⁹).

What's more, black pepper increases your body's ability to absorb curcumin, as does fat. Therefore, you may want to consider using whole milk versus fat-free for this drink (9).

You can prepare a basic golden milk in about 5 minutes. Here's how:

1. In a saucepan, combine 1 cup (237 ml) of milk or a non-dairy alternative with 1/2 teaspoon of ground turmeric, 1/4 teaspoon of cinnamon, 1/8 teaspoon of ground ginger and a pinch of black pepper. Optionally, add honey to taste.
2. Warm the mixture on low to medium heat, stirring frequently to avoid burning.
3. Once heated, pour the drink into a mug and enjoy.



3. Once heated, pour the milk into a mug and enjoy.

SUMMARY

Golden milk is a rich, caffeine-free alternative to coffee effects.

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4. Lemon water

Switching up your morning beverage doesn't have to be complicated. Lemon water is a great way to start your day.

It's calorie- and caffeine-free and provides an ample dose of vitamin C.

As an antioxidant, vitamin C plays a role in your immune system and protects your skin from sun damage. It's essential for creating collagen, a protein that provides the basic structure for your skin, tendons and ligaments (10 ⁹, 11 ⁹, 12 ⁹).

Just one glass of lemon water — prepared by adding the juice of half a lemon (1 tablespoon or 15 ml) to 1 cup (237 ml) of cold water — provides 10% of your RDI for vitamin C (13 ⁹, 14 ⁹).

You can also add other fruits and herbs for a variety of flavors — cucumbers, mint, watermelon and basil are some popular options.

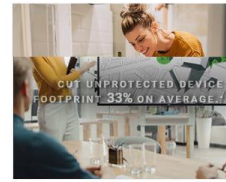
SUMMARY

Lemon water is a simple yet refreshing way to start of antioxidants.

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5. Yerba mate

Yerba mate is a naturally caffeinated herbal tea made from the dried leaves of the South American holly tree, *Ilex paraguariensis* (15 ⁹).



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If you're looking for a coffee substitute but don't want to part with your morning caffeine, yerba mate is a good choice.

One cup (237 ml) contains roughly 78 mg of caffeine, which is similar to the caffeine content in an average cup of coffee (16⁶).

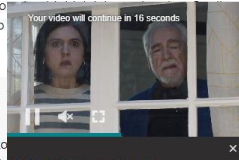
Yerba mate is also loaded with beneficial plant compounds that act as antioxidants. In fact, some studies suggest it may be higher in antioxidants than green tea (16⁶).

Additionally, it contains several minerals and vitamins, including riboflavin, thiamine, phosphorus, iron, calcium and vitamins C and E (16⁶).

It has an acquired taste, which can be described as bitter or smokey. In the traditional method, yerba mate is prepared in a yerba mate gourd and consumed through a metal straw, adding water as you drink it.

To make drinking yerba mate easier, you can also steep the leaves using a tea ball or purchase yerba mate tea bags. In these cases, just steep the leaves in hot water for 3–5 minutes and enjoy.

Despite the purported health benefits of yerba mate, you have linked high, regular intakes of 1–2 liters per day to cancer (16⁶, 17⁶, 18⁶).



SUMMARY

Yerba mate provides a similar amount of caffeine to thiamine, phosphorus, iron, calcium and vitamins C and E. It's also loaded with antioxidants.

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6. Chai tea

Chai tea is a type of black tea blended with strong herbs and spices.

Though it contains less caffeine (48 mg) than coffee, studies suggest that black tea may still improve mental alertness (19^o, 20^o, 21^o).

Black and green teas are both made from the *Camellia sinensis* plant, but black tea undergoes a fermentation process, which changes its chemical makeup. Both types seem to have powerful antioxidant properties (22^o).

Although more research is needed, some observational studies have linked drinking black tea with a lower risk of heart disease (23^o, 24^o, 25^o).

Besides its potential health benefits, chai tea has a robust flavor and comforting smell.

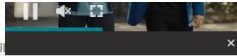
There are many recipes, but here is one simple way to prepare 2 cups from scratch:

1. Crush 4 cardamom seeds, 4 cloves and 2 black peppercorns.
2. In a saucepan, combine 2 cups (474 ml) filtered water, 1 cinnamon stick and the crushed spices.
3. Bring the mixture to a boil, then remove from heat.
4. Add 2 single-serving black tea bags and let steep.



5. Strain the tea into two mugs and enjoy.

To make a chai tea latte, simply use 1 cup (237 ml) of milk instead of water in the above recipe.



SUMMARY

Chai tea is a spiced black tea with robust flavor and a modest amount of caffeine. Observational studies suggest that black tea may lower your risk of heart disease.

7. Rooibos tea

Rooibos or red tea is a caffeine-free beverage that originated in South Africa.

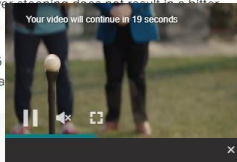
Unlike coffee and other teas, rooibos is low in tannin antioxidants, which can be beneficial but also interfere with the absorption of iron (26).

Despite a low tannin content, rooibos provides a substantial amount of other antioxidants (27).

Studies are extremely limited. One test-tube study suggests that rooibos may help protect against heart disease, while another found potential for reducing cancer risk (28^o, 29^o).

Rooibos has a longer steep time than most teas and over a slightly sweet, fruity flavor.

To prepare yourself a cup, use a tea filter to steep 1–1.5 minutes. Optionally, you can add lemon and honey to taste.



SUMMARY

Rooibos is a caffeine-free tea with a slightly sweet and fruity taste. It provides plenty of antioxidants and is low in tannins, a compound that interferes with iron absorption.

8. Apple cider vinegar

Apple cider vinegar (ACV) is made by fermenting crushed apples using yeast and bacteria.

This process produces a compound called acetic acid, which may have beneficial effects on insulin sensitivity and blood sugar levels, according to some studies.

For example, one study found that when people with insulin resistance drank 20 grams (0.5 tablespoons) of ACV before a meal, their rise in blood sugar levels was reduced by 64%. However, this effect was not seen in people with type 2 diabetes (30⁶).

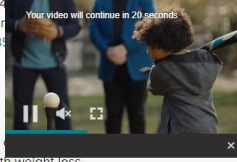
Although there is not yet much evidence, ACV may also increase feelings of fullness after meals and assist with modest weight loss (31⁶, 32⁶, 33).

A basic AVC beverage combines 1–2 tablespoons of raw or unfiltered apple cider vinegar, 1 cup (237 ml) of cold water and optionally 1–2 tablespoons of honey or another preferred sweetener.

Do not drink ACV without diluting it first. ACV contains 4–6% acetic acid, which can irritate your mouth and throat. It can also wear away tooth enamel. Rinsing your mouth with water before and after drinking ACV is recommended (34⁶, 35).

SUMMARY

Apple cider vinegar is a caffeine-free alternative to coffee. It may have beneficial effects on blood sugar levels. It may even assist with weight loss.



9. Kombucha

Kombucha is made by fermenting black tea with bacteria, yeast and sugar.

The fermentation process creates a symbiotic colony of bacteria and yeast, commonly referred to as a SCOBY.

After fermentation, kombucha contains probiotics, acetic acid and antioxidants — all of which may have health benefits (36⁶, 37⁶).

Animal and test-tube studies suggest that kombucha may boost your immune system, improve cholesterol levels and blood glucose levels in people with diabetes. However, the purported health benefits in humans are largely anecdotal (38⁶, 39⁶, 40⁶).

Making kombucha on your own is not recommended due to a high risk of contamination from harmful pathogens (41⁶, 42⁶).

However, there are countless varieties available commercially that do not pose the same level of risk.

SUMMARY

Kombucha is fermented black tea that contains probiotics. Many animal studies suggest potential health benefits for humans.



The bottom line

While coffee has many [health perks of its own](#), it may not necessarily be for you.

However, there are plenty of other options. Many even provide benefits coffee can't, such as antioxidant-rich herbs and spices, probiotics and acetic acid.

If you're looking for a healthy alternative to coffee, the beverages on this list are worth trying.

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Last medically reviewed on July 28, 2022

How we reviewed this article:

HISTORY

Our experts continually monitor the health and wellness when new information becomes available.

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Jul 28, 2022

Written By
Makayla Melbner

Edited By
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Medically Reviewed By
Katherine Marengo, LDN, RD

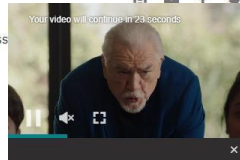
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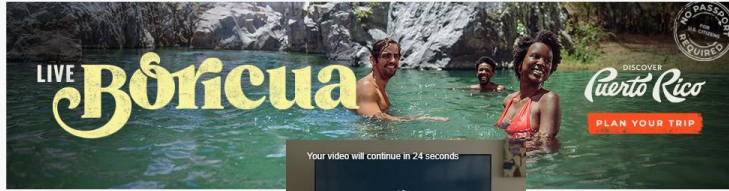
Jul 7, 2018

Written By
Makayla Melbner

Edited By
Frank Crooks

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Chicory Coffee: A Healthy Alternative to Coffee?

[What it is](#) | [Nutrition](#) | [Digestion](#) | [Blood sugar](#) | [Inflammation](#) |

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Made from roasted chicory root, chicory coffee is often considered a New Orleans staple. While it has been linked to several health benefits, it could also cause adverse side effects in some people.

With its woody flavor and nutty aroma, chicory coffee has recently become a must-have in my morning routine. It's also commonly enjoyed worldwide, including in France and India.

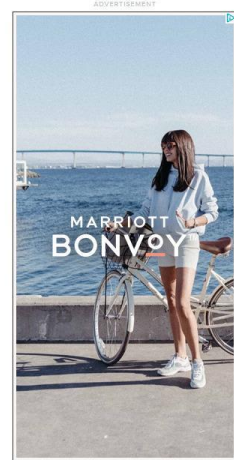
You can not only use it as a tasty, caffeine-free alternative to coffee but also mix it with coffee grounds to upgrade your breakfast brew.

This article takes an in-depth look at the evidence to determine whether chicory coffee is good for you.

What is chicory coffee?



Medically reviewed by Amy Richter, RD, Nutrition — By Rachael Ajmera, MS, RD — Updated on December 1, 2021





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Chicory is a flowering plant in the dandelion family. It's characterized by a tough, hairy stem, light purple flowers, and leaves that are commonly used in salads.

Chicory coffee is made by roasting, grinding, and brewing the roots of the chicory plant. It tastes similar to coffee, featuring a flavor that's often described as slightly earthy and nutty.

It's used either on its own or mixed with coffee to complement its flavor.

Although the history of chicory coffee is not entirely clear, it's believed to have originated in the 1800s in France during a coffee shortage. Looking for a substitute or to stretch out coffee beans, people began mixing chicory roots into their coffee to get their coffee fix.

Years later, during the Civil War, it also became popular as a coffee substitute. The Union experienced a coffee shortage after Union naval blockades cut off coffee imports from the South.

Today, chicory coffee can still be found in many parts of the world as a caffeine-free alternative to regular coffee.



SUMMARY

Chicory coffee is a drink made from roasted, ground, and brewed chicory root. It's believed to have first been used during a coffee shortage in France in the 1800s, but it remains popular around the world today.



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Provides several nutrients

Chicory root is the primary ingredient in chicory coffee.

To make it, raw chicory root is minced, roasted, and brewed.

Although the amounts vary, it's generally recommended of ground chicory root per 1 cup (237 mL) of water.

One raw chicory root (60 grams) contains the following:

- **Calories:** 43
- **Protein:** 0.8 grams
- **Carbs:** 10.5 grams
- **Fat:** 0.1 grams
- **Fiber:** 1 gram
- **Vitamin B6:** 9% of the Daily Value (DV)
- **Manganese:** 6% of the DV
- **Folate:** 4% of the DV
- **Potassium:** 4% of the DV
- **Vitamin C:** 3% of the DV
- **Phosphorus:** 3% of the DV

Chicory root is a good source of inulin, a type of prebiotic fiber that may support weight loss and improve gut health (2, 3).

It also contains some manganese and vitamin B6, two nutrients tied to brain health (4, 5).

Keep in mind that the amounts of these nutrients in chicory coffee are fairly low, as only a small amount of chicory root is brewed into the drink.



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SUMMARY

Chicory coffee is made from minced and roasted chicory root, manganese, and vitamin B6.



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May improve digestive health

Chicory root is a good source of fiber, which may improve several aspects of your digestive health.

For example, it may support the health of your gut microbiome, which is believed to be strongly connected to health and disease (6 ⁶).

This is because chicory root contains inulin fiber, a type of prebiotic that promotes the growth of beneficial bacteria in the gut.

Several studies have shown that supplementing with inulin could increase the concentration of certain strains of healthy bacteria in the colon (3 ³, 7 ⁷).

Studies also show that chicory may improve bowel function and reduce constipation.

One 2017 study had 44 people with constipation take chicory inulin supplements for 4 weeks. Compared with a placebo, it was found to increase stool frequency and softness, thereby improving constipation (8 ⁸).

In another small study, drinking 10 ounces (300 mL) of chicory root extract daily for 4 weeks significantly improved bowel regularity compared with a control group (9 ⁹).



SUMMARY

Some studies have shown that chicory could improve constipation. It also contains inulin, which could promote healthy bacteria in your gut.



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Could lower blood sugar

Chicory root contains inulin, a type of fiber that has been shown to help manage blood sugar levels in both human and animal studies.

In one study, rats with diabetes received chicory inulin for 8 weeks. The inulin improved blood sugar management, which was attributed to a change in carbohydrate metabolism (10 ⁶).

Although research on chicory inulin's effect on blood sugar is limited, several other studies have shown that it may benefit blood sugar and insulin resistance.

Insulin is the hormone that transports sugar from your blood to muscles and tissues, where it can be used as fuel. Insulin resistance occurs with long periods of elevated insulin levels can decrease the effectiveness of insulin and cause high blood sugar (11 ⁶).

In one small study, taking 30 grams of inulin per day for 2 weeks significantly reduced insulin resistance in 40 people with prediabetes compared with a placebo (12 ⁶).

Additionally, a review of 25 studies concluded that supplementing with inulin could help decrease insulin resistance in people with type 2 diabetes, especially among those with obesity (13 ⁶).

However, most studies to date have focused on inulin rather than chicory coffee. More research is needed to determine how chicory coffee, specifically, may affect blood sugar levels.

SUMMARY

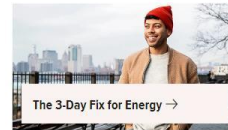
Studies show that inulin may decrease insulin resistance and lower blood sugar levels.

May decrease inflammation

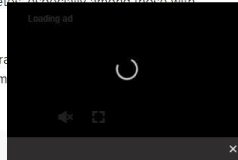
Although inflammation is a normal immune system response, chronic inflammation is thought to contribute to conditions like heart disease, type 2 diabetes, and cancer (14 ⁶).

Promisingly, some animal studies have found that chicory root may possess anti-inflammatory properties.

In one 2014 rat study, chicory root reduced levels of tumor necrosis factor alpha, interleukin-6, and interleukin-1, all of which are markers of inflammation (15 ⁶).



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Another study similarly showed that feeding piglets dried chicory root decreased levels of inflammation (16 ⁹).

What's more, one study found that administering chicory extract to rats with gout blocked certain pathways that regulate inflammation (17 ⁹).

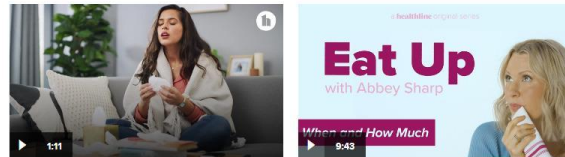
However, most of the current research on this topic is limited to animal studies. More studies are needed to determine how chicory root may affect in ⁹

SUMMARY

Some animal studies have found that chicory root m

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Naturally caffeine-free

Chicory coffee can be an excellent way to reduce your caffeine intake.

Regular coffee is made from coffee beans that are roasted, ground, and brewed.

A typical cup of coffee contains about 92 mg of caffeine, although this amount varies based on factors like the type of coffee beans used, the serving size, and the type of coffee roast (18⁶).

Consuming high amounts of caffeine has been associated with side effects like nausea, anxiety, heart palpitations, restlessness, and insomnia (19⁶).

Chicory root is naturally caffeine-free, so it makes an excellent coffee substitute if you're looking to reduce your caffeine intake (20⁶).

Some people add chicory root to hot water for a completely caffeine-free beverage, while others mix it into a small amount of regular coffee to enjoy a lower caffeine beverage.

SUMMARY

Excess caffeine consumption has been linked to several adverse side effects. Pure chicory coffee is caffeine-free and can be used as a coffee substitute.

May not be for everyone

While chicory coffee has been associated with several health benefits, it's not for everyone.

Chicory may trigger an allergic reaction in some people, causing symptoms like pain, swelling, and tingling of the mouth (20⁶).

People with an allergy to ragweed or birch pollen should avoid chicory to prevent potential negative side effects (20⁶).

If you experience any negative symptoms after consuming chicory coffee, discontinue use immediately and consult your doctor.

Furthermore, research is limited on the safety and potential side effects of chicory root for those who are pregnant or breastfeeding. Check with your doctor before consuming it to prevent adverse symptoms (21⁶).

SUMMARY

Some people may be allergic to chicory coffee. Additionally, there's limited research on the safety of chicory root for those who are pregnant or breastfeeding.

The bottom line

Chicory coffee may be associated with several health benefits. It can be a good coffee substitute if you're looking to reduce your caffeine intake.

However, there's limited research on the potential health benefits of chicory coffee, and no evidence shows that it's any healthier than regular coffee.

Still, if you like its taste and aren't allergic to it, feel free to add it to your diet and enjoy.

Just one thing

Try this today: For an easy way to take advantage of the benefits of chicory, try combining it with regular coffee. To get started, simply mix ground coffee with chicory in a 2-to-1 ratio, then brew and enjoy!

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Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

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Amy Richter, RD

Jan 27, 2018

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Coffee contains hundreds of bioactive compounds. In fact, it's the single largest source of antioxidants for many people (1, 2).

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Energy-boosting coffee alternatives: What to know

How do 4 popular wellness drinks stack up nutritionally?

February 23, 2023

By **Nancy Oliveira, MS, RD, LDN, CDCES**, Contributor





When you're low on energy, is it worth trying yerba mate, yaupon tea, matcha, and other beverages invading the coffee and tea space that promise similar energy perks and health benefits? Often marketed as wellness drinks, [coffee alternatives like these are trending](#), according to the International Food Information Council.

So, how do a few popular alternatives stack up nutritionally? Do they rely on caffeine for an energy boost? Do they contain potentially healthy (or unhealthy) plant compounds?

The basics on coffee and tea

According to a National Coffee Association survey, [70% of American adults drink coffee](#), and 62% of those do so daily. Observational studies have linked compounds in coffee beans called polyphenols and antioxidants with [health benefits](#), including a lower risk of type 2 diabetes, heart disease, and neurodegenerative disorders such as Parkinson's and Alzheimer's disease. Yet most of us probably don't drink it for those reasons.

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Coffee aficionados enjoy a caffeine energy boost that improves clarity and focus, and savor its fragrance and rich, deep flavor. Still, not everyone is a fan: caffeine makes some people feel jittery, and the caffeine and acidity can irritate sensitive stomachs.

Coffee's cousin, tea, is the second most popular beverage globally behind water, and is enjoyed by a third of Americans. Most types of tea contain about half the caffeine of coffee (herbal teas have little to none) with

less acidity. Tea contains health-promoting antioxidant compounds, such as flavonoids.

Caffeine comparison: 8 ounces of brewed coffee contains about 95 mg caffeine; instant coffee about 60 mg; black tea about 47 mg; and green tea about 28 mg.

What to know about yerba mate

Yerba mate (or mate) is an herbal tea from the *Ilex paraguariensis* tree in South America that has an earthy and more bitter flavor than other teas. It contains antioxidant polyphenols like chlorogenic acid, plus as much caffeine as coffee or more (80 to 175 mg per cup). Preliminary research suggests it might promote weight loss and lower blood cholesterol, but studies are inconclusive. Users report **less fatigue and better focus** – likely from its caffeine content – but without jitteriness.

Downside: Certain processing methods of mate, such as drying the leaves with smoke, may introduce polycyclic aromatic hydrocarbons – the same carcinogenic substances that are found in grilled meats. Some research links drinking large amounts of mate over time with **increased risk of certain cancers**, including head and neck, stomach, bladder, and lung. However, unsmoked mate (which is processed by air drying) may be safer.

What to know about yaupon tea

Like mate, yaupon is an herbal tea. Native to the US, it has a mellow grassy flavor similar to green tea. It contains chlorogenic acid and antioxidants that are purported to decrease inflammation and boost energy. This tea has 60 mg caffeine per cup and also provides theobromine, a compound structurally similar to caffeine found in cocoa beans and many teas. Theobromine increases blood flow and may increase energy and alertness, but this boost is slower to start and lasts longer than caffeine, which provides a quick but short-lived boost.

Downside: The combination of theobromine and caffeine may increase heart rate and interfere with sleep, especially if you drink a large amount of yaupon or sip it too close to bedtime.

What to know about matcha tea

Matcha comes from the same *Camellia sinensis* plant as green tea. However, unlike green tea, matcha is grown in the shade, which protects it from sunlight and oxidation and contributes to its bright green color and higher polyphenol content. Whole tea leaves and stems of matcha are ground into a fine powder, which is then whisked with hot water or milk. Matcha contains about 40 to 175 mg caffeine per cup and has the same antioxidant polyphenols as green tea, specifically theanine and catechins. However, because whole leaves are used to make matcha, it may contain higher concentrations than standard green tea.

Downside: While green tea has low to moderate amounts of caffeine, matcha can have very high amounts, even more than coffee.

What to know about chicory coffee

Chicory is the root of the *Chicorium Intybus* plant that is dried, roasted, and ground to produce a beverage. Chicory contains prebiotic fiber called inulin that caramelizes during roasting, giving the drink a dark brown color with a nutty, sweeter, and less bitter flavor than traditional coffee. It tastes similar to regular coffee but does not offer the same energy boost, as it is caffeine-free. (Some people mix chicory coffee with brewed coffee for a lower-caffeine drink.) Animal studies show that chicory root has anti-inflammatory properties. Inulin may benefit the gut microbiome and bowel health, but the small amounts found in chicory coffee are not likely to provide such a benefit.

Downside: The chicory plant comes from the same family as ragweed, so chicory coffee may cause allergic reactions in people sensitive to ragweed pollen.

The bottom line

Coffee-alternative wellness drinks may contain similar plant compounds to those found in regular coffee and green or black tea. It's fine to choose them if you like the taste. Just don't assume that they're healthier, because no strong evidence supports claims of weight loss, heart health, or cancer prevention.

These beverages are best enjoyed plain or with only a touch of lemon, honey, unsweetened milk, or plant milk. Processing and added ingredients can negate any health-promoting effects from naturally-occurring plant compounds. For example, some research suggests that adding protein and fat to tea through [milk](#) or creamer can reduce antioxidant properties and might deactivate [flavonoids](#). And even if natural compounds remain intact, saturating a beverage with sugar, half-and-half, syrups, or whipped cream transforms it into a dessert, neutralizing any potential health perks.

About the Author



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Nancy Oliveira is manager of the nutrition and wellness service at Brigham and Women's Hospital in Boston. In addition, she is the primary science writer at The Nutrition Source website from the Harvard T.H. Chan School ... [See Full Bio](#)

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- (3) **Direct general questions** about using USPTO electronic forms, the USPTO [website](#), the application process, the status of your application, and whether there are outstanding deadlines to the [Trademark Assistance Center \(TAC\)](#).

After reading the Office action, address any question(s) regarding the specific content to the USPTO examining attorney identified in the Office action.

GENERAL GUIDANCE

- **[Check the status of your application periodically](#)** in the [Trademark Status & Document Retrieval \(TSDR\)](#) database to avoid missing critical deadlines.
- **[Update your correspondence email address](#)** to ensure you receive important USPTO notices about your application.
- **[Beware of trademark-related scams](#)**. Protect yourself from people and companies that may try to take financial advantage of you. Private companies may call you and pretend to be the USPTO or may send you communications that resemble official USPTO documents to trick you. We will never request your credit card number or social security number over the phone. Verify the correspondence originated from us by using your serial number in our database, [TSDR](#), to confirm that it appears under the “Documents” tab, or contact the [Trademark Assistance Center](#).

- **Hiring a U.S.-licensed attorney.** If you do not have an attorney and are not required to have one under the trademark rules, we encourage you to hire a U.S.-licensed attorney specializing in trademark law to help guide you through the registration process. The USPTO examining attorney is not your attorney and cannot give you legal advice, but rather works for and represents the USPTO in trademark matters.