

# THEINE

*Meaning: Theine is a compound found in tea that is chemically identical to caffeine but is derived from a different source.*

1. Theine is often mistaken for caffeine, but they have different origins.
2. Many people enjoy the soothing effects of theine found in tea.
3. Research suggests that theine may help improve focus and concentration.
4. Some herbal teas are naturally low in theine, making them a great choice for the evening.
5. Understanding the role of theine can enhance your appreciation of different tea varieties.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/theine>*