

July 2026 SEO and Schema

SEO Title

Tea Jitters Explained: L-Theanine, Chaqi, and Tea Energy

Meta Description

Discover why tea feels different from coffee, what causes tea jitters, how L-theanine affects caffeine, and the role of chaqi in traditional tea culture.

Suggested URL Slug

/tea-jitters-l-theanine-chaqi-explained

Article Schema

```
<script type="application/ld+json">
{
  "@context": "https://schema.org",
  "@type": "Article",
  "headline": "Why Tea Makes You Feel Different: Tea Jitters, L-Theanine, Chaqi, and the Science Behind Tea Energy",
  "description": "Learn why tea affects people differently, including the roles of caffeine, L-theanine, genetics, tea processing, and the traditional concept of chaqi.",
  "author": {
    "@type": "Organization",
    "name": "Tea Tavern"
  },
  "publisher": {
    "@type": "Organization",
    "name": "Tea Tavern"
  }
}
```

```
},
"mainEntityOfPage": {
  "@type": "WebPage",
  "@id": "INSERT PAGE URL"
},
"datePublished": "2026-07-01",
"dateModified": "INSERT UPDATED DATE"
}
</script>
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FAQ Schema

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<script type="application/ld+json">
{
  "@context": "https://schema.org",
  "@type": "FAQPage",
  "mainEntity": [
    {
      "@type": "Question",
      "name": "Why does tea make me jittery?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "Tea jitters are most commonly caused by caffeine, especially when tea is
consumed on an empty stomach or in large quantities. Some tea drinkers also use the term to
describe heightened awareness, relaxation, warmth, or mild euphoria."
      }
    },
    {
      "@type": "Question",
      "name": "Why does tea feel different from coffee?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "Tea contains both caffeine and L-theanine. While caffeine contributes to
alertness, L-theanine is associated with a calmer state of focus, creating a different
experience than coffee for many drinkers."
      }
    },
    {
      "@type": "Question",
```

```
"name": "What is L-theanine in tea?",
"acceptedAnswer": {
  "@type": "Answer",
  "text": "L-theanine is a naturally occurring amino acid found in tea leaves. It
contributes to tea's flavor profile and is often associated with relaxed alertness and mental
clarity."
},
{
  "@type": "Question",
  "name": "What is chaqi?",
  "acceptedAnswer": {
    "@type": "Answer",
    "text": "Chaqi is a traditional tea term used to describe the perceived energy,
character, or body feel of a tea, including sensations such as warmth, focus, relaxation, or
awareness."
},
{
  "@type": "Question",
  "name": "Can tea make you feel tea drunk?",
  "acceptedAnswer": {
    "@type": "Answer",
    "text": "Some tea drinkers report sensations described as tea drunk, including
calmness, clarity, warmth, heaviness, or mild euphoria."
},
{
  "@type": "Question",
  "name": "Which teas are most associated with strong chaqi?",
  "acceptedAnswer": {
    "@type": "Answer",
    "text": "Tea drinkers often associate sheng pu-erh, shu pu-erh, yancha, and dancong
oolong with more pronounced tea energy or body sensations."
},
{
  "@type": "Question",
  "name": "How can I reduce unpleasant tea jitters?",
  "acceptedAnswer": {
    "@type": "Answer",
```

```
    "text": "Many tea drinkers find it helpful to avoid drinking strong tea on an empty stomach, adjust brewing strength, and pay attention to how different teas affect them."
  },
  {
    "@type": "Question",
    "name": "Are tea jitters genetic?",
    "acceptedAnswer": {
      "@type": "Answer",
      "text": "Research suggests that genetic differences can affect caffeine metabolism and sensitivity, influencing how strongly a person experiences tea jitters or other caffeine-related effects."
    }
  }
]
}
```

</script>

Revision #2

Created 2026-06-24 01:11:08 UTC by christina.eichelkraut

Updated 2026-06-24 07:07:59 UTC by Farrah