

My experiment was to investigate whether green or black tea (*Camellia sinensis*) can act as inhibitors and affect the action of digestive enzymes (trypsin, lipase, and amylase) *in vitro*. This was done by measuring the zones of digestion around wells in protein, lipid, and starch agar plates where black or green tea was added. The results showed large zones of digestion around the control wells with only the enzymes and the zones were significantly smaller for the wells that contained both the tea and enzymes, that showed that tea inhibited the digestion of each of the substrates by the enzymes. However, the inhibition for green tea on amylase was not significant. The results of this investigation showed that black tea and green tea do inhibit the enzymes trypsin and lipase however, only black tea inhibits amylase.