Tea is the second non-alcoholic drink consumed in the world, and it is a rich source of phenolic compounds, especially flavonoids. Four types of teas are produced from the leaves of Camellia sinensis: white, green, red and black. The study aimed to evaluate the total content of the phenols in commercial teas (black, green and white) and in their infusions (prepared with 1.6 grams of sample in 200 mL of water at 75 °C for 5 minutes). We evaluated the content of total phenols and they were expressed in mg/g of catechin. The results for the leaves sprouts of Camellia sinensis were: black (1.1273), white (0.6866) and green (1.4029); and for the infusions: black tea (0.625), white tea (0.1453) and green tea (0.4100). All samples differed significantly by Tukey test at 5% level of significance among the types of teas and tea infusions. It was observed that the leave sprouts of green tea had the highest content of phenols followed by the leave sprouts of black tea. However, it was not found the same of these compounds content in the infusions, where black tea had the highest retention rate, about 34.4% more phenols. Through the study we can conclude that despite the high content of phenolic compounds in the leaves sprouts of the tea, the conditions of drink preparation are important factors to the retention of phenolic compounds, especially for black tea which presented the greatest potential for retention.