GREEN TEA

Rich in

Naturally Occurring Antioxidants*

DOSAGE
2 Liquid Phyto-Cap 2 times daily.

DURATION OF USE
4-6 months

BEST TAKEN
After meals, with a small amount of warm water.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 30	
Amount Per 2 Capsules	**mg**
Calories 20	
ALCOHOL FREE CONCENTRATED EXTRACT OF:	
Green Tea Herb(*Camellia sinensis*) ▲	
Green Tea Extract (*Camellia sinensis*) ✚	
STANDARDIZED TO FULL SPECTRUM PROFILE	
Total Polyphenols	300 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).
This product contains naturally occurring caffeine from Green Tea.
▲= Certified Organic Ingredient ✚= Ecologically Harvested

HISTORY

The green tea shrub has been cultivated and consumed for thousands of years in China and Southeast Asia. More recently, there has been a renewed interest in green tea due to its high polyphenol content and powerful free radical scavenging activity.*

The main constituents found in green tea are the alkaloids, tannins and phenolic acids. Of particular interest to researchers today are the polyphenols known as catechins, and more specifically, epigallocatechin(EGC), epicatechin(EC), epigallocatechingallate(EGCG), and epicatechingallate(ECG). These catechins demonstrate the most promise in reacting with most free radicals. It is also interesting to note that the actual structure of these constituents help to prevent the production of free radicals and also bind to heavy metals that challenge health and cause cellular damage.*

A POTENT ANTIOXIDANT

Green tea provides assistance in maintaining a healthy balance between free radicals necessary for the healthy functioning of the body, and an excess of free radicals. While free radicals are part of normal human body function, too many free radicals cause cellular damage.*

We are exposed to free radicals daily, from our external environment (our food, air and water supply) to our own internal environment (a result of normal biological processes). Research now demonstrates that consuming antioxidants such as green tea is one of the most powerful methods we know of to help neutralize the actions of too many free radicals in our body.*

There is a well recognized connection between an excess of free radicals in the body (also known as oxidative stress) and healthy brain function.* Accordingly, green tea is demonstrating particular benefit for promoting healthy brain function by providing antioxidant support to fragile brain tissue.*

GREEN TEA AND BRAIN HEALTH

Brain cells (neurons) are extremely sensitive to free radical attacks, particularly as you age. This is in part because neurons have a low glutathione (antioxidant) content, brain metabolism consumes a great deal of oxygen, and neurons have a very limited ability to repair damage to their DNA caused by free radicals.*

In addition, metal ions (such as iron, copper, zinc, and aluminum) can generate free radicals that challenge brain tissue. Specifically, beta-amyloid aggregates, found in the neurons of people faced with brain health challenges, form free radicals in the presence of existing free radicals such as metal ions. This beta-amyloid affect is reduced or eliminated by herbs, foods and nutrient recognized for their free radical scavenging effect.*

Green tea contains antioxidant and metal-binding actions that help to maintain healthy brain tissue, even as we age and are exposed to an overabundance of free radicals.*

GREEN TEA AND THE INFLAMMATORY CASCADE

Green tea also has an inflammatory-cascade normalizing action that promotes the healthy metabolism and activity of arachadonic acid, prostaglandins, leukotrienes and platelets. When tissues are stressed, these compounds can be found at unhealthy levels and ratios, and their actions can sometimes contribute to the inflammatory cascade when not kept in check.*

The body normally responds to stress by activating what is known as the inflammatory cascade. Essentially, the immune system's cells send out signals telling the stressed area to protect and repair itself. Scientific research has demonstrated, however, that it is important to maintain this response at an appropriate level.*

Green tea promotes healthy communication between the immune system and strained cells, supporting the body's natural, shielding response to environmental stressors such as free radicals.*

COMPLEMENTARY HERBS/FORMULAS

Anti-Oxidant Supreme Liquid Phyto-Caps™ and Glucosaforce Liquid Phyto-Caps™

SAFETY EVALUATION/CONTRAINDICATIONS

Do not take during pregnancy or lactation. This green tea product contains naturally occurring caffeine and hence consuming large amounts of the product could theoretically cause insomnia and other symptoms associated with caffeine.*

KNOWN DRUG INTERACTIONS

There are no well-known drug interactions with the use of green tea. However, the high tannin content of green tea may theoretically affect the metabolism of some medications such as codeine, atropine, ephedrine and pseudoephedrine, among others. Before using this product, talk with your healthcare professional if you take any medications.*

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