

Green Tea



PC

Be Well Stay Well Age Well

Green Tea is an ultra-pure, water-extracted Green Tea formula that is rich in polyphenols, a class of powerful compounds that provide antioxidant support. Research has also shown Green Tea supports detoxifying enzymes, supports gene signaling, and selectively supports the function of intestinal flora.

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

Clinical Applications

- Provides Antioxidant Support*
- Supports Healthy Immune Function*
- Supports Healthy Endocrine Function*
- Provides Alternative to Consumption of Multiple Cups of Green Tea*

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Discussion

The health benefits of the tea leaf *Camellia sinensis* are derived from a group of phytochemicals known as polyphenols. Polyphenols in fresh green tea leaves are present as a series of chemicals called catechins. The dominant and most biologically active among the catechins, (-)-epigallocatechin-3-gallate (EGCG), has been shown to induce expression of glutathione S-transferase, glutathione peroxidase, glutamate cysteine ligase, heme oxygenase-1, and other enzymes that protect a variety of cells, including cultured neurons, against oxidative stress-induced cell death. EGCG modulates the redox-sensitive transcription factor Nrf2, which plays a key role in activating detoxifying enzyme HO-1, as well as other phase II enzymes.

Green Tea Leaf Extract Green tea polyphenols protect erythrocytes (red blood cells) from oxidative stress.^[9] In research studies, EGCG supported healthy insulin activity,^[10] protected the pancreatic cells by reducing undesirable cytokines (e.g., interleukin-1 beta), and reduced interferon-gamma-induced nitric oxide production—an excess of which may cause free radical damage. Furthermore, it was found that the polyphenols triggered genes that inhibit activation of NF-kappaB^[11] and reduced the level of messenger RNA for the hepatic gluconeogenic enzymes, which convert non-carbohydrate sources into glucose.^[12] EGCG has been shown to support healthy immune function,^[2,3] support the endocrine system,^[5] and promote fat oxidation beyond what would be explained by its caffeine content.^[4]

Many of the wide range of health benefits derived from green tea are dose-dependent, and most Americans are not willing to consume the necessary 5-10 cups of tea a day to gain its advantages. Careful processing of the tea into an extract highly concentrates the key beneficial constituents. Each highly concentrated 600 mg capsule of green tea contains 60% polyphenols, 30% catechins, and 18% EGCG. This is the equivalent of about 10 cups of green tea. Each capsule contains about 36 mgs of caffeine, roughly the equivalent of a can of cola and less than the 60-120 mgs of caffeine in an 8-oz cup of brewed coffee. Naturally occurring caffeine in green tea is believed to act synergistically with the polyphenols.^[14]

In summary, green tea's benefits are based upon four actions: 1) it is a powerful antioxidant that protects against DNA damage; 2) it induces detoxifying enzymes; 3) it effects gene signaling which regulates cellular growth, development, and apoptosis; and 4) it selectively improves the function of the intestinal bacterial flora.^[1]

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Green Tea Aqueous Extract (<i>Camellia sinensis</i>) (leaf)(80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	600 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.

Directions

Take one capsule daily, or as directed by your healthcare practitioner.

References

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Cautions

Consult your healthcare practitioner before use. Keep out of reach of children.

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