

Green Tea Extract

500mg of green tea extract per capsule, providing 250mg of EGCG with minimal caffeine content, to support metabolic function, athletic performance, cognition, skin health and healthy cellular differentiation.

GMO Free

Vegan

Soy Free

Dairy Free

Gluten Free



- 500mg of green tea extract per capsule, standardized to ensure that 250mg (50%) is delivered as EGCG with an additional 150mg (30%) as other catechins.
- Indicated for supportive use in metabolic function, athletic performance, cognition, skin health and healthy cellular differentiation
- Naturally occurring caffeine is minimal at 0.5%, or 2.5mg per capsule, for those sensitive to its stimulating effects

Green tea is one of the most commonly consumed teas in the world. While it is a staple of many cultural engagements, its popularity is also due to health benefits associated with its consumption. Most research focuses on epigallocatechin gallate (EGCG) crediting this catechin as the main antioxidant responsible for protecting cells from oxidative damage while providing a wide range of health benefits. For example, GTE and EGCG have been studied to help with skin aging and acne, perhaps through their favorable effects on healthy cellular differentiation and the balance of cell production and death.

One of the most popular indications for green tea supplementation is in the realm of metabolic function and weight management. To start, catechins and caffeine have been shown to support thermogenesis, the process of burning calories to produce heat. A synergistic effect between these two ingredients may explain some research that finds green tea extract supports weight loss. Perhaps more importantly, green tea extract has been shown to increase insulin sensitivity, decrease hemoglobin A1C, improve blood sugar tolerance and reduce fasting blood glucose, all of which supports metabolic health and may support weight loss goals. Moreover, the antioxidants in GTE have been shown to reduce C-reactive protein, help reduce blood pressure and inhibit fat absorption into cells. These collective actions may be a part of the reason why GTE has been found to further decrease exercise-induced changes in weight, body mass index, waist to hip ratio and body fat percentage.

On the topic of exercise, GTE may be able to improve performance and recovery times by counterbalancing the oxidative stress and cellular damage experienced as a result of physical activity. One study found that green tea catechins reduced cellular damage, delayed muscle fatigue and

improved recovery in trained athletes after undergoing repeated exercise designed to induce cumulative fatigue. Taking this theory a step further, another study found that 14 men who actively engaged in physical activity and consumed green tea extract for 4 weeks increased their running distance by 10.9%.

Finally, GTE appears capable of supporting cognition. GTE, and especially EGCG, has been shown to enhance the connection between different parts of the brain and protect brain cells from oxidative stress which may slow mental decline. A 2014 study found that 12 people consuming large daily doses of GTE showed an increase in brain function and improved task performance when compared with a placebo group. Some evidence suggests that green tea can also decrease the action of heavy metals like iron and copper, both of which can damage brain cells.

Green Tea Extract offers 500mg of green tea extract per capsule, standardized to ensure that 250mg (50%) is delivered as EGCG with an additional 150mg (30%) as other catechins. Naturally occurring caffeine is minimal at 0.5%, or 2.5mg per capsule, for those sensitive to its stimulating effects. **Green Tea Extract** is designed to support healthy cellular differentiation, metabolic function, exercise performance, cognition, skin health and healthy aging.

Each vegetable capsule contains

Green tea extract 500mg
(leaf, *Camellia sinesis*) extract equivalent to 10000mg of dry leaf, standardized to 30% catechins, 50% epigallocatechin 3-gallate and 0.5% caffeine

Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

Recommended Use Claim

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

Directions of Use

Adults (18 years and older) - Take 1 capsule per day. Take with food. Consult a healthcare professional for use beyond 12 weeks.

Cautions and Warnings

Ask a healthcare professional prior to use if • you are pregnant • you are breastfeeding • you have a liver disorder • you have an iron deficiency. Stop use and consult a healthcare professional if you develop symptoms of liver trouble such as • yellowing of the skin/eyes (jaundice) • stomach pain • dark urine • sweating • nausea • unusual tiredness • loss of appetite. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.