

Mega Green Tea Extract (Lightly Caffeinated)

100 vegetarian capsules

Item Catalog Number: 00953

Green tea polyphenols are members of the flavonoid family. Catechins found in green tea have been shown to provide these health-promoting benefits:¹³¹

- Catechins are antioxidants with the ability to scavenge reactive oxygen species such as superoxide and the hydroxyl and peroxy radical¹³²⁻¹³⁴
- Catechins have fluid stabilizing properties¹³⁵⁻¹³⁷
- Green tea may promote weight loss^{138,139}
- Green tea can boost the effectiveness of enzymatic phase II detoxification¹³⁹⁻¹⁴⁴
- Catechins appear to help maintain healthy cell proliferation¹⁴⁵
- Catechins help maintain healthy blood cholesterol and triglyceride levels already within normal range¹⁴⁶
- And catechins may enhance immune function^{147,148}

The active constituents in green tea are polyphenols, with an antioxidant called epigallocatechin-3-gallate (EGCG) being the most powerful. The antioxidant activity of EGCG is about 25–100 times more potent than vitamins C and E.¹⁴⁹ One cup of green tea may provide 10–40 mg of polyphenols and has antioxidant effects that are greater than a serving of broccoli, spinach, carrots or strawberries.

The botanical extract in Mega Green Tea Extract has been concentrated and dual standardized to ensure the highest quality, consistency and biological activity. This advanced extract contains 98% total polyphenols and 45% epigallocatechin-3-gallate (EGCG).

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Green Tea (*Camellia sinensis*) Extract (leaf) [std. to 98% polyphenols by UV (710.5 mg), 45% EGCG
by HPLC (326.25 mg)]

725 mg

Other ingredients: hydroxypropyl methylcellulose, vegetable stearate, silica.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule per day with or without food, or as recommended by a healthcare practitioner.

Note

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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