# Premium Green Tea



## Ultra-Pure Green Tea Extract

### All DrHealth4Life Formulas Meet or Exceed cGMP Quality Standards

#### Does **NOT** contain the following:

- NO Wheat
- NO Gluten
- NO Yeast
- NO Soy
- NO Animal or Dairy Products
- NO Fish
- NO Shellfish
- NO Peanuts
- NO Tree Nuts
- NO Egg
- NO Artificial colors
- NO Corn

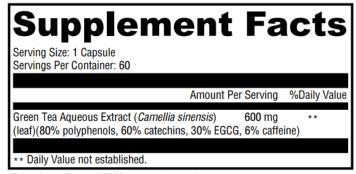
- NO Artificial sweeteners
- NO Artificial preservatives
- NO Ingredients derived from genetically modified organisms (GMOs)

# DrHealth4life Pharmaceutical Grade Supplements Premium Green Tea

#### **Clinical Applications**

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

**Premium Green Tea** is an ultra-pure, water-extracted green tea formula that is rich in polyphenols, a class of phytochemical compounds that supports antioxidant activity. Research has shown that green tea supports natural detoxifying enzymes, normal gene signaling, and the health and function of intestinal flora.\*



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

#### **Directions**

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

#### **Cautions**

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

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<sup>\*</sup>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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#### Ultra-Pure Green Tea Extract

#### **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 transferance of the redox is a stress of the redox of the scription factor Nrf2, which plays a key role in activating detoxifying enzyme HO-1, as well as other phase II enzymes.[1-7]\*

Green Tea Leaf Extract Green tea polyphenols protect erythrocytes (red blood cells) from oxidative stress.[8] In research studies, EGCG supported healthy insulin activity,[9] 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[10] and reduced the level of messenger RNA for the hepatic gluconeogenic enzymes, which convert non-carbohydrate sources into glucose.[11] EGCG has been shown to support healthy immune function,[2] support the endocrine system, [4] and promote fat oxidation beyond what would be explained by its caffeine content.\*[3]

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 600 mg capsule of Premium Green Tea contains 80% polyphenols, 60% catechins, and 30% EGCG. This is equivalent to approximately 10 cups of green tea. Each capsule contains 36-45 mg of caffeine per serving, roughly the equivalent of a can of cola and less than the 95-200 mg of caffeine in an 8-oz cup of brewed coffee. [12] Naturally occurring caffeine in green tea is believed to act synergistically with the polyphenols.\*[13]

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 supports gene signaling, which helps regulate cellular growth, development, and apoptosis; and 4) it selectively improves the function of the intestinal bacterial flora.\*[1,2,4-8,10,11]

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