

GREEN TEA

Tea is consumed by billions of people per day... yes, billions. In some countries like the US, there has been a shift to consuming more tea than coffee over that last decade. This increase mostly comes from cold tea consumption. Specifically, 15% of all tea consumed is green tea. In the last few years, a lot of bad press has been given to the extracts of green tea because of the liver toxicity associated with large quantities of EGCG – Epigallocatechin Gallate.

Biological Activity

- Anti-Cancer¹
- Neuroprotective²
- Anti-inflammatory³
- Antiarthritic⁴

Fast Facts

- Green Tea (*Camellia sinensis*) usage can be traced back to ~2700 B.C. talk about a long-standing natural product!
- Green Tea health benefits have been attributed to polyphenolic compounds referred to as catechins that are present in large quantities in green tea (up to 30%). Green tea also contains many minerals and trace vitamins.
- Green tea is used as an extract in skin creams, supplements, and many other products, but the EFSA has put a daily limit on EGCG to less than 800 mg a day to reduce liver toxicity. This limit could easily be reach by supplementation with a 10:1 extract depending on the varying catechin content of the botanical being extracted.

Ordering Information

Some but NOT ALL of our green tea standards are listed below. Please contact us for the entire selection.

Name	Part Number
EPIGALLOCATECHIN (P)	00005145
EPIGALLOCATECHIN GALLATE, (-) (P)	00005150
CATECHIN HYDRATE, (-) (P)	00003310
EPICATECHIN GALLATE, (-) (P)	00005135
EPICATECHIN (-) (P)	00005125
Green Tea Catechin Standards Kit (10/25 mg)	00003286

References

1. Moyers, Susan B, and Nagi B Kumar. "Green tea polyphenols and cancer chemoprevention: multiple mechanisms and endpoints for phase II trials." *Nutrition reviews* vol. 62,5 (2004): 204-11. doi:10.1111/j.1753-4887.2004.tb00041.x
2. Mandel, Silvia et al. "Cell signaling pathways in the neuroprotective actions of the green tea polyphenol (-)-epigallocatechin-3-gallate: implications for neurodegenerative diseases." *Journal of neurochemistry* vol. 88,6 (2004): 1555-69. doi:10.1046/j.1471-4159.2003.02291.x
3. Sueoka, N et al. "A new function of green tea: prevention of lifestyle-related diseases." *Annals of the New York Academy of Sciences* vol. 928 (2001): 274-80. doi:10.1111/j.1749-6632.2001.tb05656.x
4. Haqqi, T M et al. "Prevention of collagen-induced arthritis in mice by a polyphenolic fraction from green tea." *Proceedings of the National Academy of Sciences of the United States of America* vol. 96,8 (1999): 4524-9. doi:10.1073/pnas.96.8.4524

