

Green Tea Extract 95%



- lowers high triglycerides
- supports natural immune function
- increases prostate health

60 capsules, 500 mg. 95% Polyphenols, providing 35mg of naturally occurring caffeine. Our Green Tea Extract Is Standardized to Provide a MINIMUM of 95% Polyphenols, 30% EGCG Content, and 65% Catechin Content.

Dosage: Green Tree Extract 500 mg 60 Capsules Dosage: Recommended 2 capsules per day.

Parts used and where grown: All teas (green, black, and oolong) are derived from the same plant, Camellia sinensis. The difference is in how the plucked leaves are prepared. The leaves of the tea plant are used both as a social and medicinal beverage. Green tea, unlike black and oolong tea, is not fermented, so the active constituents remain unaltered in the herb.

RECOGNIZED BENEFITS: The known health conditions where green tea may be effective treatment or preventative:

- cancer risk reduction
- reduces gingivitis risk(periodontal disease)
- lowers high cholesterol
- lowers high blood pressure

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	
Green Tea Leaf (95% extract)	500 mg *
(Providing 35 milligrams of naturally-occurring caffeine. Standardized to provide 30% EGCG and 65% Polyphenol Catechins)	
*Daily Value not established.	

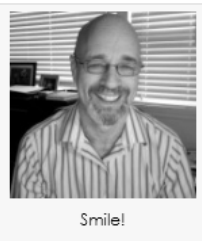
Historical or traditional use: According to Chinese legend, tea was discovered accidentally by an emperor 4,000 years ago. Since then, traditional Chinese medicine has recommended green tea for headaches, body aches and pains, digestion, depression, immune enhancement, detoxification, as an energizer, and to prolong life. Modern research has confirmed many of these health benefits. **Active constituents:** Green tea contains volatile oils, vitamins, and minerals, but the active constituents are polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). The polyphenols are believed to be responsible for most of green tea's roles in promoting good health. Research demonstrates that green tea guards against cardiovascular disease in many ways. Green tea lowers total cholesterol levels and improves the cholesterol profile (the ratio of LDL cholesterol to HDL cholesterol), reduces platelet aggregation, and lowers blood pressure. The polyphenols in green tea have also been shown to lessen the risk of cancers of several sites, stimulate the production of several immune system cells, and have anti-bacterial properties — even against the bacteria that cause dental plaque. **How much should I take?** Much of the research documenting the health benefits of green tea is based on the amount of green tea typically drunk in Asian countries — about three cups per day (providing 240-320 mg of polyphenols). To brew green tea, 1 U.S. teaspoon (5 grams) of green tea leaves are combined with 250 ml (1 cup) of boiling water and steeped for three minutes. One capsule of our green tea contains 500mg of standardized green tea extracts of polyphenols, particularly EGCG, providing 95% polyphenol content — which is equivalent to drinking

four cups of tea. **Are there any side effects or interactions?** Green tea is extremely safe. The most common adverse effect reported from consuming large amounts of green tea is insomnia, anxiety, and other symptoms caused by the caffeine content in the herb.

Green tea has been called the second-most consumed beverage in the world, behind water. It is very popular in Japan, and has a growing following in the United States, where black tea is favored. Tachibana's study adds to an expanding list of the potential health benefits offered by green tea. In addition to allergies, it is reported to fight cancer, cardiovascular disease, arthritis and tooth decay.

- Fights Allergies
- Could Halt Bladder Cancer
- Bladder Cancer
- High in EGCG Excellent for Allergies
- Anti-Cancer Mechanism Discovered

Green Tea May Help Fight Allergies



Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

Allergy sufferers may want to add green tea to their sniffle-fighting arsenal. New evidence suggests that drinking the popular brew may provide some relief. Researchers in Japan identified a compound in green tea that, in laboratory tests, blocks a key cell receptor involved in producing an allergic response. The compound, methylated epigallocatechin gallate (EGCG), may have a similar effect in humans, they say. Their study will be described in the Oct. 9 print issue of the Journal of Agricultural and Food Chemistry, a peer-reviewed publication of the American Chemical Society, the world's largest scientific society. Although similar compounds in green tea have previously been shown to be anti-allergenic, this particular compound appears to be the most potent, the researchers say. *Green tea appears to be a promising source for effective anti-allergenic agents," says Hirofumi Tachibana, the study's chief investigator and an associate professor of chemistry at Kyushu University in Fukuoka, Japan. "If you have allergies, you should consider drinking it."*

For years, people have been drinking tea to fight the sneezing, coughing and watery eyes that are characteristic of colds and allergies. The new study adds to a small but growing body of scientific evidence from both cell and animal studies that it may actually work, particularly green tea. No one has proven, however, that anti-allergenic compounds found thus far have an actual therapeutic effect in humans who ingest green tea. If it works, the brew may be useful against a wide range of allergens, including pollen, dust, pet dander and certain chemicals, Tachibana says. Further studies are needed. EGCG is one of the most abundant and biologically active antioxidants found in tea. It is believed to be responsible for tea's beneficial health effects. The compound is found in higher concentrations in green tea, the least processed of teas, than in black and oolong varieties. Previous studies have shown that EGCG fights allergic reactions in rodents that were given the compound orally, but researchers are just beginning to understand how it might work. It now appears that the compound works by blocking the production of histamine and immunoglobulin E (IgE), two compounds in the body that are chiefly involved in triggering and sustaining allergic reactions, Tachibana says. The current study shows, for the first time, that a methylated form of EGCG can block the IgE receptor, which is a key receptor involved in an allergic response. The effect was demonstrated using human basophils, which are blood cells that release histamine. Although promising against allergies, no one knows how much green tea is needed to have a therapeutic effect, or which green tea varieties work best, the researchers add. They are currently looking for additional anti-allergenic compounds in the tea. **Garey's Signature Guarantee:** *I personally stand behind my products, my website and my staff. If you have any concerns, please contact me for a quick response!* Thank you! **Optimal Health Bridge:** 1-877-572-3444 **Customer Service Number** 443-450-4413 **Write to** 1539 Merritt Blvd Suite 142, Baltimore, MD 21222 **Fax** 443-408-1600 **Website:** www.OptimalHealthBridge.com