

# Green Tea Extract

60 Capsules, Single herb standardized extract, Stock No. 1096-6

**G**reen Tea Extract contains catechins, powerful antioxidants that are 200 times stronger than vitamin E at neutralizing free radicals—molecules that attack lipids in the brain and other tissues.

## *Did you know?*

Green Tea Extract is NSP's antioxidant superstar. In ORAC tests (Oxygen Radical Absorption Capacity, a test that demonstrates antioxidant potential), Green Tea Extract scored higher than all other NSP products.

In addition to its antioxidant properties, Green Tea supports the immune system function, and has been shown to have anticarcinogenic properties and to provide heart health benefits. It also has fat-burning properties, and studies have shown that taking just 3 capsules per day increases fat burning without accelerating the heart rate.

Several studies in 1999 showed that green tea is as good as COX-2 anti-inflammatories for arthritis inhibition – it contains some 52 anti-inflammatory compounds.

And there are at least 15 anti-ulcer compounds in green tea, supporting evidence that long-term use can also inhibit ulcers caused by prolonged NSAID use.

## *NSP Advantage*

60 capsules. Decaffeinated green tea extract is standardized to contain 80% polyphenols (60% of the polyphenols are catechins, 30% of which are EGCG [epigallocatechin]).

*Ingredients:* Decaffeinated green tea (*Camellia sinensis*) extract, cellulose, magnesium stearate, silicon dioxide, gelatin capsule (kosher gelatin, water).

*Recommendation:* Take 1 capsule three times daily with a meal. Three capsules equals 10 cups of liquid green tea.

**Caution:** Not recommended for children.

## Features & Benefits

- Antioxidant superstar.
- Supports immune system function.
- Contains anti-inflammatory and anti-ulcer compounds.