Green tea supplies polyphenols classified as catechins. Of these, epigallocatechin-3-gallate (EGCG) is considered the most active. EGCG possesses significant antioxidant activity and has been shown to support healthy cardiovascular and immune function, provided support for cognitive function via neuroprotective properties, and be supportive of normal healthy glucose levels.

EGCG offers its cardiovascular support via its free radical scavenging activity, the modulation of redox-sensitive transcription factors including NFκB and AP-1, the reduction of STAT-1 activation and Fas receptor expression, and an increase in NO production.\(^1,2,3\)

EGCG’s neuroprotective action is associated with its antioxidant properties as well, as oxidative stress can dramatically alter neuronal function and has been associated with neurochemical changes. EGCG has demonstrated a strong protective effect against hippocampal neuronal oxidative stress and cell death both \textit{in vitro} and \textit{in vivo}.\(^4,5\)

EGCG supports healthy immune function in several ways. It has been shown to stimulate the production of several types of immune cells. EGCG also targets multiple signaling and inflammatory pathways. It has demonstrated the ability to suppress the inflammatory cytokine IL-17, and induce IL-10, an anti-inflammatory cytokine.\(^6,7\)

Green tea’s impact on glucose levels is at least in part due to its demonstrated ability to increase the expression of glucose transporter IV (GLUT IV).\(^8,9\)

EGCG-200mg is available in bottles of 60 capsules. Each capsule of EGCG-200mg contains 400 mg of Green Tea extract supplying 200 mg or EGCG, along with 10 mcg each of Superoxide dismutase and Catalase, two very important antioxidant enzymes.

**Caution:** Not recommended for those suffering from liver disease or related disorders. Do not exceed the recommendation unless directed by a physician. This product is not intended for use as a weight loss supplement (contains <8 mg caffeine per dose).
References


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**EGCG-200mg** is available in 60-count bottles (#7450).

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Tea Extract (50% EGCG) (Camellia sinensis) (leaf)</td>
<td>400 mg</td>
<td>*</td>
</tr>
<tr>
<td>Superoxide Dismutase (from vegetable culture†)</td>
<td>10 mcg</td>
<td>*</td>
</tr>
<tr>
<td>Catalase (from vegetable culture†)</td>
<td>10 mcg</td>
<td>*</td>
</tr>
</tbody>
</table>

* Daily Value not established

**Other Ingredients:** Vegetarian capsule shell (cellulose), and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

**RECOMMENDATION:** One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Not recommended for those suffering from liver disease or related disorders. Do not exceed the recommendation unless directed by a physician. This product is not intended for use as a weight loss supplement (contains < 8 mg caffeine per dose).

This product is gluten and dairy free.

**KEEP OUT OF REACH OF CHILDREN**

- Store in a cool, dry area.
- Sealed with an imprinted safety seal for your protection.

Product # 7450  Rev. 6/15