

Green Tea Extract

500mg of green tea extract per capsule, providing 250mg of EGCG with minimal caffeine content, to support metabolic function, athletic performance, cognition, skin health and healthy cellular differentiation.

Sans OGM

Convient aux végétaliens

Sans soya

Sans produits laitiers

Sans gluten



- 500mg of green tea extract per capsule, standardized to ensure that 250mg (50%) is delivered as EGCG with an additional 150mg (30%) as other catechins.
- Indicated for supportive use in metabolic function, athletic performance, cognition, skin health and healthy cellular differentiation
- Naturally occurring caffeine is minimal at 0.5%, or 2.5mg per capsule, for those sensitive to its stimulating effects

Green tea is one of the most commonly consumed teas in the world. While it is a staple of many cultural engagements, its popularity is also due to health benefits associated with its consumption. Most research focuses on epigallocatechin gallate (EGCG) crediting this catechin as the main antioxidant responsible for protecting cells from oxidative damage while providing a wide range of health benefits. For example, GTE and EGCG have been studied to help with skin aging and acne, perhaps through their favorable effects on healthy cellular differentiation and the balance of cell production and death.

One of the most popular indications for green tea supplementation is in the realm of metabolic function and weight management. To start, catechins and caffeine have been shown to support thermogenesis, the process of burning calories to produce heat. A synergistic effect between these two ingredients may explain some research that finds green tea extract supports weight loss. Perhaps more importantly, green tea extract has been shown to increase insulin sensitivity, decrease hemoglobin A1C, improve blood sugar tolerance and reduce fasting blood glucose, all of which supports metabolic health and may support weight loss goals. Moreover, the antioxidants in GTE have been shown to reduce C-reactive protein, help reduce blood pressure and inhibit fat absorption into cells. These collective actions may be a part of the reason why GTE has been found to further decrease exercise-induced changes in weight, body mass index, waist to hip ratio and body fat percentage.

On the topic of exercise, GTE may be able to improve performance and recovery times by counterbalancing the oxidative stress and cellular damage experienced as a result of physical activity.

One study found that green tea catechins reduced cellular damage, delayed muscle fatigue and improved recovery in trained athletes after undergoing repeated exercise designed to induce cumulative fatigue. Taking this theory a step further, another study found that 14 men who actively engaged in physical activity and consumed green tea extract for 4 weeks increased their running distance by 10.9%.

Finally, GTE appears capable of supporting cognition. GTE, and especially EGCG, has been shown to enhance the connection between different parts of the brain and protect brain cells from oxidative stress which may slow mental decline. A 2014 study found that 12 people consuming large daily doses of GTE showed an increase in brain function and improved task performance when compared with a placebo group. Some evidence suggests that green tea can also decrease the action of heavy metals like iron and copper, both of which can damage brain cells.

Green Tea Extract offers 500mg of green tea extract per capsule, standardized to ensure that 250mg (50%) is delivered as EGCG with an additional 150mg (30%) as other catechins. Naturally occurring caffeine is minimal at 0.5%, or 2.5mg per capsule, for those sensitive to its stimulating effects. **Green Tea Extract** is designed to support healthy cellular differentiation, metabolic function, exercise performance, cognition, skin health and healthy aging.

Chaque capsule végétales contient

Extrait de thé vert 500mg
(feuille, *Camellia sinensis*) extrait équivalent à 10000mg de
feuille sèche, normalisé à 30% catéchines, 50%
épigallocatechine-3-gallate et 0,5% caféine

Ingrédients non médicinaux

Cellulose microcristalline, hypromellose, stearate de magnésium.

Indications

Source d'antioxydants qui aident à protéger les cellules contre les dommages oxydatifs causés par les radicaux libres

Mode d'emploi

Adultes (18 ans et plus) - Prendre 1 capsule par jour. Prendre avec de la nourriture. Consulter un professionnel de soins de santé pour un usage de plus de 12 semaines.

Mises en garde et avertissements

Consulter un professionnel de soins de santé avant l'utilisation si • vous êtes enceinte • vous êtes allaitante • vous avez une maladie du foie • vous avez une carence en fer. Cessez d'utiliser et consultez un professionnel de soins de santé si vous manifestez des symptômes de trouble du foie par ex. • le jaunissement de la peau/des yeux (jaunisse) • douleurs à l'estomac • la transpiration • la nausée • urine foncée • fatigue inhabituelle • perte d'appétit. Des cas rares et non prévisibles de lésions du foie associées avec des produits contenant de l'extrait de thé vert ont été rapportés (au Canada et internationalement). Garder hors de la portée des enfants.

Rangement

Ne pas utiliser si le sceau de sécurité est brisé.