



# Green Tea Extract

*Nature's Harmony® Green Tea is a 1:25 standardized extract of green tea (Camellia sinensis), providing 36% EGCG (Epigallocatechin gallate). This capsule form is an excellent choice for supplementing with a metabolic booster, especially for those people who do not like the taste of green tea but would still like to enjoy its many health benefits.*

PRODUCT CODE: 400587

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A source of antioxidants for the maintenance of good health.	Capsule	Take 2 capsules twice a day with meals.

## DESCRIPTION:

Green tea has become increasingly popular in recent years because of its ability to boost metabolism. Green tea has a mild thermogenic (heat-producing) effect. This means that it increases, by 3 to 4%, the amount of energy used in heat production by the body that is unrelated to either physical activity or resting metabolism. An additional benefit to supplementing with Green Tea is its potent antioxidant properties.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Free radicals, aging.

**Symptoms of Deficiency:** Slow metabolism, free radical damage, cataracts, disease.

**Complementary Nutrients:** Nature's Harmony® Superior One Per Day Iron-Free Multi-Vitamins & Minerals Supplement.

## HOW IT WORKS:

The catechin polyphenols (antioxidants) in green tea extract are believed to alter the body's use of noradrenalin, a chemical transmitter in the nervous system, to increase the rate of calorie burning. Thus green tea may be a mild and pleasant way to boost metabolism.

Additionally, these active substances help protect healthy cholesterol and DNA from free radical damage. Because of its antioxidant action, green tea may help lower the risk of heart disease.

Green tea also contains another lesser-known antioxidant called EGCG (epigallocatechin gallate) as well as fluoride (to prevent tooth decay) and tannins.



## DID YOU KNOW...

*Green tea is derived from the same leaves as black tea; it is simply steamed and dried immediately after picking, while black tea leaves are allowed to ferment.*

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## RESEARCH:

In a study reported in the *American Journal of Clinical Nutrition*, researchers found that green tea extract resulted in a significant increase in energy expenditure (a measure of metabolism). It also showed a significant effect on fat oxidation. While some of the effects were originally theorized to be due to the caffeine content of green tea, scientists discovered that the tea actually has properties that go beyond those that would be explained by the caffeine.

Clinical trials conducted by the University of Geneva in Switzerland indicate that green tea appears to raise metabolic rates and speed up fat oxidation.

## SIDE EFFECTS:

Taken as directed, green tea supplements are safe and well tolerated with little or no side effects. If experiencing gastrointestinal discomfort, individuals should consult their health care practitioner.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have a liver disorder or develop symptoms of liver trouble.

## OTHER CONSIDERATIONS:

Concomitant use with other nutritional supplements containing iron or products containing caffeine is not recommended. Green tea supplements contain far less caffeine than green tea beverages.

## LABEL:

**Natures Harmony®**

**Complexe de thé vert Phytosome**

**Un antioxydant pour le maintien d'une bonne santé**

**60 capsules végétales**  
NPN 80006046

**Usage recommandé:** Une source d'antioxydants pour le maintien d'une bonne santé.  
**Dose recommandée (adultes):** Prendre 2 capsules, deux fois par jour, aux repas.  
**Ingrédients médicinaux:** Chaque capsule contient:  
Extrait de feuille de thé vert GreenSelect™ (Camellia sinensis) (normalisé à 40% d'EGCG\*) ..... 33 mg  
Phosphatidylcholine (électrolyte de fèves de soya enrichie) ..... 67 mg  
Extrait de feuille de thé vert (Camellia sinensis) (normalisé à 50% d'EGCG\*) ..... 40 mg  
\* EGCG: épigallocatechine gallate

**Ingrédients non médicinaux:** phosphate dicalcique, stéarate de magnésium, dioxyde de silicium, cellulose.  
**Information sur les risques:** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante, si vous souffrez de troubles du foie ou si des symptômes de troubles du foie se manifestent.  
**Ce produit ne contient mais, ingrédients laitiers, oeuf, gluten, crustacés, sulfites, dérivés d'origine animale, ni colorants, arômes ou agents de conservation artificiels.**

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTEE DES ENFANTS.

**Recommended Use:** A source of antioxidants for the maintenance of good health.  
**Recommended Dose (Adults):** Take 2 capsules twice a day with meals.  
**Medicinal Ingredients:** Each capsule contains:  
GreenSelect™ green tea (Camellia sinensis) leaf extract (STD to 40% EGCG\*) ..... 33 mg  
Phosphatidylcholine (enriched soybean lecithin) ..... 67 mg  
Green tea (Camellia sinensis) leaf extract (STD to 50% EGCG\*) ..... 40 mg  
\* EGCG: epigallocatechin gallate

**Non-medical Ingredients:** Dicalcium phosphate, magnesium stearate, silicon dioxide, cellulose.  
**Risk Information:** Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have a liver disorder or develop symptoms of liver trouble.  
**This product does not contain corn, dairy, egg, gluten, shellfish, sulfites, animal derivatives, or artificial colours, flavours or preservatives.**

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**Natures Harmony®**

**Green Tea Phytosome Complex**

**An Antioxidant for the Maintenance of Good Health**

**60 Vegetable Capsules**  
NPN 80006046

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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