

EGCG-200mg

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 NFkB 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 *in vitro* and *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}



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

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 of 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).



(905)476-3554

Biotics Research Canada
Box 283 Keswick On L4P 3E2
orders@bioticscan.com

References

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3. Tea consumption enhances endothelial-dependent vasodilation; a Meta-analysis. Ras RT, Zock PL, Draijer R. *PLoS One*. 2011 6:e16974.
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5. Mechanisms of action of green tea catechins, with a focus on ischemia induced neurodegeneration. Sutherland BA, Rahman RMA, Appleton I. *The Journal of Nutritional Biochemistry*. 2006 17, 291-306.
6. Green tea protects rats against autoimmune arthritis by modulating disease-related immune events. Kim H, Rajaiah R, Wu Q, Satpute S, Tan M, Simon J, Berman B, Moudgil K. *J. Nutr*. 2008 138:2111-2116.
7. Immunomodulating effects of epigallocatechin-3-gallate from green tea: mechanisms and applications. Pae M, Wu D. *Food Funct*. 2013 Sep 4(9):1287-303. doi: 10.1039/c3fo60076a.
8. Green tea supplementation ameliorates insulin resistance and increases glucose transporter IV in fructose-fed rat model. W. Ly, et al. *Eur J Nutr*. 2004 Apr; 43(2): 116-24.
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Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Green Tea Extract (50% EGCG) (Camellia sinensis) (leaf)	400 mg	*
Superoxide Dismutase (from vegetable culture†)	10 mcg	*
Catalase (from vegetable culture†)	10 mcg	*

* Daily Value not established

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

† Specially grown, biologically active vegetable culture (from organic peas, lentils, and/or chickpeas) 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. 01/22



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