EGCg

Consumption of green tea has been documented since 2700 BC, and scientific literature abounds on the many health benefits from the frequent consumption of green tea. EGCg, short for epigallocatechin-3-gallate, has been identified as the primary active ingredient responsible for green tea's health-promoting effects. While drinking green tea as a whole food may have synergies among its constituent compounds, tea polyphenols and EGCg may be beneficial in supplemental form, as supplementation can provide the body with higher levels of these components than many individuals would be able to obtain through consuming tea. For this reason, as well as for quality and effectiveness, standardized extracts may be useful, as they guarantee a potent amount of the desirable active component.

An average cup of green tea is typically made from 5 grams of dry green tea leaves, which provide about 200mg of EGCg. Each capsule of our EGCg contains 500mg of decaffeinated green tea extract, standardized to 98% polyphenols, of which 45% is EGCg. This product is not only an excellent choice due to its high amount of EGCg, but also because it is guaranteed to contain less than 2% caffeine and to have low fluoride.

Benefits of EGCg

- Supports a healthy inflammatory response
- Helps support efficient fat metabolism, potentially benefiting weight control
- Supports detoxification processes in the liver
- May help regulate appetite
- Helps support healthy testosterone levels
- May aid in regulation of healthy blood glucose and insulin levels
- Potent antioxidant
    - o May support healthy cardiovascular function by protecting against oxidation of cholesterol particles (e.g., LDL)
    - o May support brain and central nervous system health by limiting oxidative stress

Recommended Use: As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

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TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

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