

# Tēgreen 97®

## Cell Protection\*

**ANTIOXIDANT DEFENSE SYSTEM SUPPORT\***



### Positioning Statement

Tēgreen 97® is a proprietary, highly concentrated extract of the antioxidant catechins found naturally in green tea that promote long-term cellular health.\*

### Concept

Green tea has been used traditionally in China for thousands of years for its health-preserving and revitalizing power. Modern science has identified powerful antioxidants in green tea called polyphenols. One group of polyphenols called catechins is particularly potent and highly effective at neutralizing free radicals at the cellular level. Catechins support healthy cell function while providing antioxidant protection to critical cell structures such as DNA. Demonstrated to cause a thermogenic effect, catechins also enhance the body's metabolic rate.\*

Tēgreen 97® from Pharmanex® is a proprietary, highly concentrated extract of the catechins found in green tea. As one of the most potent antioxidant supplements on the market, Tēgreen 97® has a 97% polyphenol content, 65% of which are catechins. Each Tēgreen 97® capsule contains the catechin equivalent of approximately seven cups of green tea and is 99.5% caffeine free. Recent clinical studies show consuming 400 to 600 mg of catechins at one time will more effectively increase the level of catechins in the blood and increase the amount of time they stay in the body.\*

### Primary Benefits

- Provides potent antioxidants to defend against free radicals at the cellular level\*
- Supports healthy cell function and helps protect cell structures, including DNA\*
- Thermogenic effect increases the body's metabolic rate\*

### What Makes This Product Unique?

- A proprietary green tea extract containing 97% polyphenols of which 65% are catechins

- Has the antioxidant power of seven cups of tea per capsule and is 99.5% caffeine free
- The 6S Quality Process ensures the quality and potency of each Tēgreen 97® capsule
- Standardized for consistent and powerful benefits
- In a comparative study, Tēgreen 97® was shown to have better bioavailability and antioxidant capacity than drinking green or black tea\*

### Who Should Use This Product?

Any adult concerned about long-term cell health and their antioxidant status should take Tēgreen 97®. Individuals with a hectic, busy, or stressful lifestyle, or those frequently exposed to pollution might also find benefits from Tēgreen 97® supplementation.

### Did You Know?

- After water, tea is the most widely consumed beverage in the world (3 billion kg per year)
- Tēgreen 97® comes from green tea grown in Zhejiang, the number one tea-producing region in the world
- Proprietary extraction of Tēgreen 97® ensures a higher level of actives than most green tea products
- The processing of black tea destroys all of the active components
- Recent research shows that Tēgreen 97® is able to increase thermogenesis without caffeine
- A recent study by UCLA compared the effects of plasma antioxidant activity after consuming Tēgreen 97® green tea, or black tea. Tēgreen 97® was shown to be more bioavailable than drinking green or black tea, and increased plasma antioxidant capacity more effectively\*

### Frequently Asked Questions

#### *How does Tēgreen 97® work?*

Increasing evidence suggests that the therapeutic effects of green tea are mediated by tea polyphenols. Tēgreen 97® provides triple-action cell protection by supporting the body in neutralizing

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three cell-jeopardizing substances: free radicals, nitrosamines, and potentially harmful toxins.

## Why is Tēgreen 97® unique?

Tēgreen 97® provides the most concentrated levels of green tea polyphenols available in most food supplements. Green tea characteristics vary widely according to growing region, altitude, climate, and processing techniques. Pharmanex adheres to the time-honored tradition of using only the finest leaf buds and young leaves of tea plants cultivated in Zhejiang Province. This province is the number one tea-producing region in China, producing some of the highest quality tea in the world. Our proprietary process maximizes the concentration of the naturally occurring polyphenols, while virtually eliminating caffeine.

## How does Tēgreen 97® promote thermogenesis?

Several recent studies indicate that the thermogenic effects of green tea are due to properties beyond caffeine content. One clinical study showed that green tea extract increased 24-hour energy expenditure (which relates to thermogenesis and metabolic rate) and fat oxidation in humans more than caffeine alone or placebo. In addition, the results of a study on Tēgreen 97® was highlighted at the April 2003 FASEB meeting where the benefits of Tēgreen 97® in improving lipid and glucose metabolism, maintaining normal insulin sensitivity, and balancing the metabolic rate of fat deposit and fat burning were discussed.\*

## Are there scientific studies validating this product?

Epidemiological, animal, and in vitro studies document the health maintenance and antioxidant benefits of green tea. Numerous studies using the proprietary extract found in Tēgreen 97® (known as Xin Nao Jian in Asia), suggest that the polyphenols in Tēgreen 97® provide a broad spectrum of antioxidant benefits.

## Is Tēgreen 97® standardized?

Each 250 mg capsule of Tēgreen 97® is a 20:1 extract of green tea leaves, standardized to contain a minimum of 97% pure polyphenols, 65% of which are the catechins (> 95 mg EGCg per capsule).

## Is Tēgreen 97® decaffeinated?

Tēgreen 97® is considered decaffeinated for labeling purposes. Tēgreen 97® contains approximately 1.5 to 2 mg of caffeine per capsule, which is well below the stimulatory level. For comparison, a cup of coffee contains 100 to 150 mg of caffeine.

## Is this product safe?

Tēgreen 97® is safe at recommended dosages. Safety data indicates it is safe for consumers to take up to two capsules twice daily for up to three months for increased health benefits with no evidence of long-term or short-term toxicity of green tea extracts. Pharmanex

has been involved in multiple clinical studies in Asia evaluating the impact of Tēgreen 97® on health parameters. The majority of these studies used a dosage of 600 mg of Tēgreen 97® per day (200 mg green tea extract, taken three times daily). These studies showed benefits at this higher dosage without side effects. In addition, evidence derived from epidemiological data indicate that long-term consumption of 10 or more cups of green tea per day does not result in adverse effects and may be associated with significant health benefits.

## Is there anyone who should not use this product?

Keep out of reach of children. If you are pregnant or nursing, or taking a prescription medication, consult a physician before using this product.

## Key Scientific Studies

1. Pillai SP, Mitscher LA, Menon SR. Antimutagenic/Antioxidant activity of green tea components and related compounds. *Journal of Environmental Pathology*, 1999; 18:147–58.
2. Mitscher LA, Jung M, Wahlqvist ML, O'Brien RC. Chemoprotection: A review of the potential therapeutic antioxidant properties of green tea and its constituents. *Med Res Rev*, 1997; 17:327–65.
3. Sartippour M., Heber D., Lu Q., Ma M., Go V.L., and Nguyen M. Green tea inhibits breast cancer growth and angiogenesis. *Nut Cancer*, 2001; 40:149–56.
4. Henning S, Niu Y, Lee N, Thames G, Minutti R, Wang H, Go V, Heber D. Bioavailability and antioxidant activity of tea flavanols after consumption of green tea, black tea, or a green tea extract supplement. *American Journal of Clinical Nutrition*, 2004; 80:1558-64.

## Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Green Tea Leaf Extract (20:1) (Camellia sinensis)	250 mg	*

\*Daily Value not established.

**Other Ingredients:** Millet, Gelatin, Magnesium Stearate, Magnesium Silicate, Silicon Dioxide.

## Directions for Use

As a dietary supplement, take one (1) to four (4) capsules daily; preferably one (1) to two (2) each morning and evening with food. Store in a cool, dry place.

## Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

