

GREEN TEA EGCG

✓ ANTIOXIDANT & WEIGHT
MANAGEMENT

✓ ULTRA-CONCENTRATED
HIGH POTENCY

✓ VEGE CAPSULE
TECHNOLOGY

✓ MAXIMUM
ABSORPTION



Medicinal Ingredients (per vege capsule)

Green Tea Extract (<i>Camellia sinensis</i>) (Leaf)	450 mg
Standardized Extract: 98% Polyphenols, 80% Catechins, 50% EGCG (225mg)[(-)-epigallocatechin-3-gallate] <1% Caffeine	
Patented Absorption Enhancer	2.5 mg
BioPerine® (<i>Piper nigrum</i>)(Fruit)(98% Piperine)	

NON-MEDICINAL INGREDIENTS: Magnesium Stearate, Vegetarian Capsule (Cellulose, Purified Water).

RECOMMENDED USE: Provides antioxidants and helps support metabolic rate for weight management.

RECOMMENDED DOSE: (Adults) 1 capsule, 2-3 times per day.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have an iron deficiency, if you have any health concerns. Consult a health care practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice). Duration of use: Consult a health care practitioner for use beyond 12 weeks.

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GREEN TEA EGCG

Green Tea EGCG capsules offer a convenient way to obtain the active constituents of Green Tea in a concentrated form. Green Tea Extract (GTE) supplies numerous bioactive compounds such as Polyphenols and Catechins including EGCG, that are known for their many health-supporting properties. These compounds have been found to help protect against oxidative stress and may also help to maintain a healthy inflammatory response – they are also used in weight management. Green Tea EGCG is over 3x more concentrated (in terms of EGCG percentage) than green tea powder, and each high potency capsule also provides the equivalent EGCG of up to 10 cups of typical green tea. Health Canada approved usage statements include:

- ✓ **TO BE USED WITH A PROGRAM OF REDUCED INTAKE OF DIETARY CALORIES AND INCREASED PHYSICAL ACTIVITY TO HELP IN WEIGHT MANAGEMENT¹**
- ✓ **SOURCE OF ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH²**

EGCG is an antioxidant that has been shown to be 25 to 100 times more potent than that of vitamins A, C and E. Antioxidants are used to help protect fragile cells from destructive free radicals. Antioxidants neutralize harmful oxygen-containing molecules in your body called free radicals and peroxides. Stress, exposure to toxins and even the digestion of certain foods creates free radicals. When left unchecked, free radicals can damage your DNA, cell membranes, and other vital cell components. Antioxidants found in green tea are vital to slowing and even preventing damage caused by free radicals.

According to a 2008 study³, Green Tea Extract is the fourth most commonly used dietary supplement in the US; a simple Google search will turn up hundreds of brands that sell Green Tea Extract. Being as popular as it is, millions and millions of doses are enjoyed – with so much usage occurring, it also is an ingredient that carries some controversy as well. Experts recommend that if you decide to take Green Tea Extract that is high in EGCG, it is best to take with food – as with any natural health product or dietary supplement, read and follow the label including all warnings before use – and never exceed suggested dosage.

In Canada, Green Tea Extract/EGCG products should have the following warnings on their packaging: Health Canada NNHPD Green Tea Extract/EGCG Warnings: Consult a health care practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice). Consult a health care practitioner for use beyond 12 weeks. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have an iron deficiency. (NNHPD References: (HC 2007a; Molinari et al. 2006; Gloro et al. 2005); (Nagao et al. 2005; Westerterp-Plantenga et al. 2005; Chantre and Lairon 2002); (HC 2007b); (Cooper et al. 2006; Nelson and Poulter 2004; Zijp et al. 2000)).

Partial List of References:

- 1) (Nagao et al. 2005; Westerterp-Plantenga et al. 2005; Chantre and Lairon 2002; Dulloo et al. 1999).
- 2) (Camargo et al. 2006; Coimbra et al. 2006; Henning et al. 2004; Nakagawa et al. 1999; Van het Hof et al. 1997)
- 3) Sarma DN, Barrett ML, Chavez ML, et al. Safety of green tea extracts: a systematic review by the US Pharmacopeia. *Drug Saf* 2008;31(6):469-84. [PubMed]
- 4) Mazzanti G, Menniti-Ippolito F, Moro PA, et al. Hepatotoxicity from green tea: a review of the literature and two unpublished cases. *Eur J Clin Pharmacol* 2009;65(4):331-41. [PubMed]
- 5) Isomura T, Suzuki S, Origasa H, et al. Liver-related safety assessment of green tea extracts in humans: a systematic review of randomized controlled trials. *Eur J Clin Nutr* 2016, doi: 10. 1038/ejcn.2016.78. [PubMed]
- 6) Green Tea Extracts [monograph]. Ottawa (ON): Health Canada; 2008 April 18. (accessed 2016 June 24).
- 7) Nauffal M, Gabardi S. Nephrotoxicity of natural products. *Blood Purif* 2016;41(1-3):123-9. [PubMed]
- 8) Geller AI, Shehab N, Weidle NJ, et al. Emergency department visits for adverse events related to dietary supplements. *N Engl J Med* 2015;373(16):1531-40. [PubMed]
- 9) Manore MM. Dietary supplements for improving body composition and reducing body weight: where is the evidence? *Int J Sport Nutr Exerc Metab* 2012;22(2):139-54. [PubMed]

NNHPD; Natural and Non-prescription Health Product Directorate, part of the Health Products and Food Branch of Health Canada.

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3x

Helps support metabolic rate for weight management. See clinical results usually within 1-2 weeks. Over 3x more concentrated EGCG percentage than green tea powder, and each high potency capsule also provides the equivalent EGCG of up to 10 cups of typical green tea.



GOLD SERIES BY PVL™ formulas are for everybody who wants premium quality and real results. Each formula is researched, tested and athlete approved by our in-house team.