Green Tea: Ancient Herb, Modern 'Medicine'
By Dr. Joyce Tellier Johnson

For centuries the millions of people across Asia have enjoyed green tea as a simple, soothing beverage. They knew it tasted good, it made them feel good, and it seemed to have health benefits. Now with 1800 scientific studies behind it, we can understand WHY green tea is so good for us and HOW we can use it to enjoy long healthy lives. Green tea and its extracts may prevent some types of cancers, support weight loss efforts, help prevent hardening of the arteries, and improve mouth and gastrointestinal health.

Q. What are the real benefits of green tea and green tea supplements?
A. Scientific research has shown that green tea is abundantly endowed with polyphenols and flavonols, health-enhancing plant phytochemicals that deliver antioxidant, anti-cancer, anti-inflammatory, and weight loss benefits. While green tea beverages are gaining popularity, green tea extracts with concentrated polyphenols make potent supplements. Since each capsule of webber naturals MetaSlim Green Tea Extract provides nutrient content equal to __ cups of liquid green tea, it is easier than ever to add green tea's benefits to your daily routine.

Q. What are "polyphenols"?
A. Polyphenols, including "catechins", are extremely potent antioxidants in green tea, further concentrated in Green Tea extract. These compounds can inhibit certain enzyme activities known to promote cancer and tumor development. They also slow or stop the formation of certain cancer-causing compounds. At a meeting of the Japanese Cancer Association, scientists reported that components of green tea, when added to cancer drugs, made them up to 20 times more effective!

Q. What is "EGCG"?
A. A key active in green tea is called "Epigallocatechin gallate" or EGCG. This catechin and other polyphenols act as natural antioxidants and antimicrobial agents. Antioxidants help prevent free radical damage to cells, preventing many non-optimum conditions, from wrinkles to cell mutations that can result in tumors and malignancies, including gastrointestinal, lung and skin cancers.

Q. Is green tea a "diet drink"?
A. Green tea polyphenols, in liquid or in concentrated MetaSlim Green Tea extract, support weight management by prolonging thermogenesis, the burning of digested sugars and fat for energy. Green tea polyphenols also increase the percent of fat burned and reduce fat absorption by inhibiting digestive breakdown of fat. One research study showed that green tea decreased the body's digestion and absorption of fat by nearly 40 percent! It does this partly by burning fat and partly by inhibiting the action of enzymes that breakdown fat.

Q. Is caffeine the reason green tea burns more fat?
A. Not really. There is some caffeine in green tea extract, however a recent study in the *American Journal of Clinical Nutrition*, showed that green tea extract significantly increased energy burning and fat oxidation, but when the same amount of caffeine (as in the green tea) was administered by itself it did not change energy expenditure.

Q. What kind of results have been shown for weight loss?
A. A 4% overall increase in 24-hour energy expenditure was attributed to green tea extract in one study. However, this was during the daytime and this 4% overall increase in energy expenditure from green tea extract may actually represent a 35% or more increase in daytime thermogenesis.

Q. It sounds like a lot of benefits from one supplement.
A. True. And there's more. Green tea polyphenols have been shown to reduce plaque buildup in the arteries and have a beneficial effect on high blood pressure. Blood sugar balance may also be enhanced by use of a green tea supplement. Its antioxidant power helps slow aging, improve immunity and inhibit the bacteria that cause tooth decay and bad breath.

Q. Is it safe?
A. Green tea extract is very safe and not expected to cause adverse side effects, any more than drinking a green tea would. However, because long-term studies have not been done with green tea extract, it is not recommended during pregnancy and nursing.