



green tea

ANTIOXIDANT & WEIGHT MANAGEMENT

Green tea, whose Latin name is *Camellia sinensis*, contains numerous compounds that convey significant health benefits to those who consume it on a regular basis.

Of primary interest to those struggling to lose weight, green tea has been shown to increase thermogenesis and fat oxidation (breaking down of fats). Thermogenesis is a measure of the energy expended during the digestion and absorption of food and contributes to the body's overall metabolic rate. By simply taking green tea daily the body's overall energy expenditure can be increased by up to 5%. Although green tea contains a small amount of caffeine, this increase in thermogenesis is greater than what can be explained by the caffeine alone. It is believed that the other compounds in green tea, namely the xanthines, polyphenols and flavonoids, work synergistically with caffeine to create this dramatic effect. And since the amount of caffeine in green tea is actually less than what is found in black tea and other caffeinated beverages it is safer and gentler on the body.

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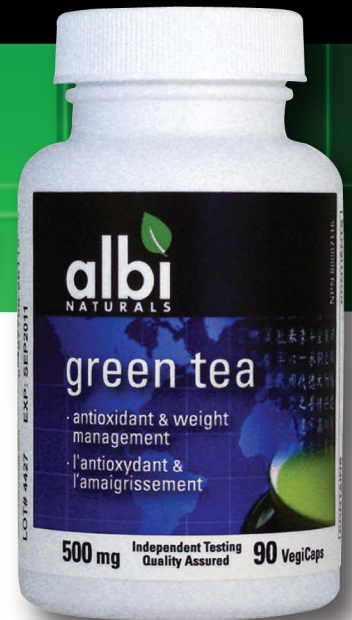
In addition to the amazing metabolic boosting capabilities of green tea, its anti-oxidant potential renders it one of the most beneficial supplements available today. A group of constituents

known as 'catechins' are the polyphenols responsible for green tea's antioxidant capabilities. Gallic catechin (GC), epigallocatechin (EGC), epicatechin (EC), and epigallocatechin gallate (EGCG) have all been noted for their ability to protect the lipid membranes of cells, prevent atherosclerotic plaques from forming, and working as a cancer deterrent. EGCG in particular has been shown to be 100 times more potent than Vitamin C and 25 times stronger than Vitamin E as an anti-oxidant. Research has revealed EGCG as having the potential to fight cancer in all stages thereby reducing tumor size and growth. It also has anti-microbial properties and can fight many bacteria such as *helicobacter pylori*, *E. coli*, and *Staphylococcus aureus*.

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It is hypothesized that this incredible anti-oxidant potential is also part of the reason green tea is known for its weight loss and health benefits. With harmful compounds being combated directly by the constituents of green tea the body has more energy to direct towards breaking down stored fats as well as feelings of motivation and health.

Clinical trials have documented Green Tea's ability to raise metabolism and eliminate fatigue. Why not try incorpo-



rating Albi's Green Tea into your daily routine to feel for yourself the increased energy sense of wellbeing this herb promises to deliver?

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