



## Clinical Applications

- Chemoprotective<sup>[1,10,11,12]</sup>
- Cardiovascular Health<sup>[13]</sup> & Metabolic Syndrome<sup>[5]</sup>
- Inflammatory Conditions<sup>[7]</sup>
- Infection<sup>[2]</sup>
- Weight Management<sup>[4,5]</sup>
- Herpes Simplex Virus Type 1<sup>[3]</sup>

*Robert Rountree, M.D. noticed a constant in the research on the health benefits of green tea; most all of it was based upon an ultra-pure extract of non-GMO cultivated Indonesian green tea powder. New Medicine Foundation® contacted the cultivator of this therapeutic green tea and has incorporated the imported extract into the innovative formula Vitality + Antioxidant Formula™. This formula is extracted in pure deionized water without the use of any solvents. Vitality + Antioxidant Formula™ meets German standards for pesticide content. This green tea formula is rich in polyphenols, a class of powerful compounds that provide antioxidant support for all cells of the body.*

Vitality + Antioxidant Formula™ is manufactured in a Federal Drug Registered and State Board Pharmacy cGMP laboratory

## Discussion

The health benefits of the tea leaf (*Camellia Sinensis*) are derived from a group of phytochemicals known as polyphenols. Polyphenols in fresh green tea leaves are present as a series of chemicals called catechins. The dominant and most biologically active among the catechins is Epigallocatechin Gallate (EGCG).

Many of the wide range of health benefits derived from green tea are dose-dependent and most Americans are not willing to consume the necessary 5-10 cups of tea a day. Careful processing of the tea into an extract highly concentrates the key beneficial constituents. Each highly concentrated 600 mg capsule of green tea contains 60% polyphenols, 30% catechins and 18% EGCG. This is the equivalent of about 10 cups of green tea. Each capsule contains about 36 mgs of caffeine, roughly the equivalent of a can of cola and less than the 60-120 mgs of caffeine in an 8 oz cup of brewed coffee. Naturally - occurring caffeine in green tea is believed to act synergistically with the polyphenols.<sup>[14]</sup>

Green tea's benefits are based upon four actions: 1.) it is a powerful antioxidant that protects against DNA damage; 2.) it induces detoxifying enzymes; 3.) it effects gene signaling that regulates cellular growth, development, and apoptosis; and 4.) it selectively improves the function of the intestinal bacterial flora.<sup>[1]</sup>

EGCG has been shown to have selective immunomodulatory effect on macrophages, which have a critical role in infections.<sup>[2]</sup> It has also been shown to have a moderate inhibitory effect against Herpes Simplex 1. Other green tea catechins, also contained in Vitality + Antioxidant Formula™ had a strong inhibitory effect against this type of virus.<sup>[3]</sup>

Reseachers have reported still other benefits of green tea. For example, green tea has thermogenic properties and promotes fat oxidation beyond what might be explained by its caffeine content.<sup>[4]</sup> EGCG significantly reduced food intake; body weight, blood levels of leptin, insulin-like growth factor I, glucose, cholesterol, triglyceride. Benefits depending upon circumstances, it also reduced LH, testosterone, and estradiol.<sup>[5]</sup> Green tea's ability to chelate iron may offer neuroprotection in related disease such as alzheimer's, Parkinson's etc.<sup>[6]</sup> Tea catechins also inhibit pro-inflammatory signal transduction.<sup>[7]</sup>



## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Green Tea Extract (Carmellia sinensis) (60% Polyphenols, 30% Catechins, 18% EGCG, 6% Caffeine)	600 mg	**
** Daily Value not established.		

**Other Ingredients:** HPMC (capsule), Stearic Acid, Silica, and Magnesium Stearate.

## Dosing:

The general recommendation is one capsule daily or as directed your health care practitioner.

## References

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## Precaution

The low levels of caffeine in Green Tea are believed to contribute to its therapeutic properties and as such Vitality + Antioxidant Formula™ is not decaffeinated. Additionally, Vitality + Antioxidant Formula™ contains the naturally occurring amino-acid L-theanine which has a calming and relaxing effect which may offset any stimulatory effect of the caffeine. Caffeine may alter the metabolism of chemotherapeutic drugs. Pregnant and lactating women may need to monitor their intake of caffeine.

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