

## HAIR, SKIN & NAILS FORMULA



Green, black and oolong teas all originate from *Camellia sinensis*, the tea plant. The method of preparation determines which variety of beverage results. The harvested leaves are allowed to oxidise to produce black tea, and partially oxidise to produce oolong tea. Green tea is not allowed to oxidise. Tea leaves not allowed to oxidise retain their health benefits which are almost entirely lost in black tea. Traditional Chinese medical uses for Green Tea include headaches, digestion, depression, immune function, detoxification and an energy booster.

### The Benefits of Green Tea



**Atherosclerosis (hardened arteries)** - Green Tea increases antioxidant activity in the blood, protecting against damage to LDL cholesterol. Damage to LDL cholesterol, caused by 'oxidation' from fried foods, smoking and stress, causes damage to the artery wall upon which the cholesterol sits. This damage leads to the hardening of the artery wall.

**High cholesterol**—Green Tea may improve cholesterol profiles by increasing 'good' cholesterol (HDL) and decreasing 'bad' cholesterol (LDL), as well as mildly reducing total cholesterol overall. Improving the HDL to LDL ration, as well as lowering total overall cholesterol helps prevent heart disease.

**Immune booster**—the polyphenols in Green Tea stimulate the production of several types of immune cells. Green Tea also has antibacterial and antioxidant properties.

**Weight loss**—Green Tea's polyphenols may both increase metabolism and decrease the breakdown of fat in the digestive system, so reducing its absorption. Increasing the metabolic rate means the cells generate more energy and the person feels more active.



### Properties

In human trials, Green Tea polyphenols have prevented nitrates (usually found in cured meat products) binding to amino acids, so reducing the formation of nitrosamines strong cancer causing agents. Antioxidant activity also contributes to a strong immune system. Green Tea's polyphenols, not caffeine, are regarded as being responsible for increasing the metabolism. Polyphenols are not associated with the side effects of caffeine, such as "jitteriness". Green Tea may improve cardiovascular health by inhibiting the digestion of fats and making blood less sticky. Green tea has improved gut bacteria balance in elderly people. Friendly gut bacteria may also prevent the re-absorption of cholesterol by breaking down bile salts.



### Contra-indication/Precautions

Being high in tannins, Green Tea may interfere with the absorption of several medications. Taking Green Tea supplements at least two hours after the medication eliminates this problem.

### Why Choose Natures Aid Green Tea?



- Each tablet contains 31.3mg Green Tea leaf extract, equivalent to 1000mg Green Tea leaf powder.
- Standardised to provide 95% (29.7mg) polyphenols, of which 70% (20.8mg) are catechins.
- Caffeine content reduced to below 2% (0.66mg per tablet).
- Manufactured in the UK in our state of the art purpose built facility to GMP (Good Manufacturing Practice) standards.

SUITABLE FOR VEGETARIANS AND VEGANS



Natures Aid, St George's Park, Kirkham, PR4 2DQ

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