



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

# THE DEFINITIVE GUIDE TO GREEN TEA EXTRACT SUPPLEMENTATION



Green tea extract is simply green tea leaves prepared as a supplement.

Practically speaking, there's no difference between ingesting green tea extract and drinking green tea.

The reason for this is many the health benefits associated with green tea come from chemicals found in the plant called polyphenols. These are molecules that plants produce to protect themselves against radiation and various disease-causing microorganisms.

There are many types of polyphenols, and the green tea plant is particularly rich in one called a catechin. There are several types of catechins, as well, and green tea contains a large amount of the most potent of the bunch, epigallocatechin-3 gallate (ECGC).

Most green tea extract supplements contain a small amount of caffeine as well, which is thought to contribute to its health properties.

### **WHY DO PEOPLE SUPPLEMENT WITH GREEN TEA EXTRACT?**

People take green tea extract to improve both their health and body composition.

Specifically, they take it to...

- ✓ boost fat loss,
- ✓ improve heart health,
- ✓ and prevent chronic diseases and cancer.

And the good news is this: Research shows that green tea extract can actually deliver on these hopes. It can do quite a bit more for your body too, actually...

### **WHAT ARE THE BENEFITS OF GREEN TEA EXTRACT?**

It has been studied for several decades now, and here's a summary of what we've learned...

It helps you lose fat faster.

Studies show that green tea extract accelerates fat loss through several mechanisms. The primary one is inhibiting an enzyme that degrades chemicals your body produces

to burn fat (catecholamines), resulting in greater energy expenditure and fat oxidation (burning).

It helps you maintain your body weight.

Proper diet and regular exercise are the cornerstones here, of course, but research shows that green tea extract can help too (and for the same reasons it can help you burn fat faster).

It helps protect against cancer and cardiovascular disease.

Research shows that green tea extract has anti-cancer properties in both animal models and human tissue.

In addition, green tea extract helps improve blood flow and lower blood pressure, which are key markers of cardiovascular health. This is why green tea is associated with a reduced risk of developing and dying from cardiovascular disease.

It has anti-oxidant, anti-inflammatory, and anti-arthritic effects.

The polyphenols in green tea extract are powerful antioxidants, and studies show they can significantly decrease markers of oxidative stress in the body.

This suggests that green tea extract has a strong therapeutic potential for treating and preventing diseases associated with increased levels of inflammation, such as arthritis.

It has anti-bacterial and antiviral effects.

Studies show that green tea extract can limit bacterial growth and viral activity, which means it can help prevent infections and sickness.

It helps lower cholesterol levels.

Cholesterol is a waxy substance present in all cells of the body. It's used to make hormones, vitamin D, and substances that help you digest your food.

Green tea extract can help you maintain healthy cholesterol levels by reducing total cholesterol levels and the amount of cholesterol absorbed by the body.

It helps reduce blood glucose and insulin levels.

"Blood glucose levels" is synonymous with blood sugar levels, and it refers to the amount of glucose floating around in the blood. Insulin is a hormone made and released into the blood by the pancreas, and its job is to shuttle nutrients (and glucose in particular) into cells for use. Now, glucose and insulin aren't inherently

bad, but the worse your body processes glucose, the higher your risk of developing type 2 diabetes.

Green tea extract can help prevent that from happening because it reduces both blood glucose and insulin levels.

It improves and protects your skin.

Studies show that green tea extract increases blood flow and thus oxygen delivery to the skin, improving its overall health. In addition, research shows that green tea extract helps protect the skin against harmful UV radiation, which is associated with skin disease and aging.

It boosts your sense of overall well-being.

Green tea extract's perks go beyond the physical—it can improve mental health, too. Namely, research shows that supplementing with green tea extract can elevate mood and ease feelings of tension.

It decreases exercise-induced damage and stress.

When you exercise, you damage your muscles and stress your central nervous system. This is what you want—it spurs your body to adapt and grow bigger, stronger, and faster. If you cause too much damage and stress, though, your body can fall behind in recovery and, over time, develop what's known as "overtraining syndrome."

Well, studies show that green tea extract strengthens our bodies' antioxidant defense systems, and this reduces the amount of damage and oxidative stress caused by exercise.

It reduces muscle soreness.

Delayed onset muscle soreness (DOMS) is the muscle soreness you feel after a workout. Research shows that green tea extract reduces levels of muscle soreness, which means it can help you recover faster from your workouts.

## **WHAT IS THE CLINICALLY EFFECTIVE DOSE OF GREEN TEA EXTRACT?**

In the case of green tea extract, it works in a dose-dependent manner, which means that the more you take, the more benefits you'll see (up to a point, of course—there's a maximum healthy intake level that you shouldn't exceed).

The significant effects we're after have been at high doses of about 400 to 500 mg of EGCG (the most important catechin in green tea extract) per day.

### **WHAT KIND OF RESULTS SHOULD I EXPECT WITH GREEN TEA EXTRACT?**

If you're excited about green tea extract, I understand. There aren't many natural supplements that are scientifically proven to help your body in so many different ways.

That said, it's not a miracle pill.

Remember that supplements don't build great physiques. Dedication to proper training and nutrition does. That said, here's what you can expect from green tea extract supplementation:

- ✓ More fat loss
- ✓ Easier weight maintenance
- ✓ Reduced muscle soreness (DOMs) after exercise
- ✓ Improved recovery from exercise
- ✓ Improved recovery from infections and viruses
- ✓ Improved skin quality
- ✓ Lower risk of sun burn
- ✓ Better mood
- ✓ Lower risk of developing cancer, heart disease and type two diabetes
- ✓ Lower risk of developing chronic conditions such as arthritis
- ✓ Lower risk of getting bacterial infections and viruses
- ✓ Reduced cholesterol levels

## DOES GREEN TEA EXTRACT HAVE ANY SIDE EFFECTS?

When taken at recommended doses, side effects from green tea extract are rare but can include:

- |                  |                       |
|------------------|-----------------------|
| ✓ Headache       | ✓ Irregular heartbeat |
| ✓ Nervousness    | ✓ Tremor              |
| ✓ Sleep problems | ✓ Heartburn           |
| ✓ Vomiting       | ✓ Dizziness           |
| ✓ Diarrhea       | ✓ Ringing in the ears |
| ✓ Irritability   | ✓ Convulsions         |

These side effects tend to occur only in individuals who are intolerant to caffeine (so if that's you, get a decaffeinated green tea extract).

Furthermore, green tea extract isn't recommended if you suffer from any of the following:

- ✓ Anemia (it can make it worse)
- ✓ Anxiety disorders (ditto)
- ✓ Bleeding disorders (it can increase risk of bleeding)
- ✓ Heart conditions (it can cause an irregular heart beat)
- ✓ Diabetes (it can cause complications with blood sugar levels)
- ✓ Glaucoma (it can increase pressure in the eye)
- ✓ Irritable bowel syndrome (it can worsen symptoms)
- ✓ Liver disease (it can aggravate the condition)
- ✓ Osteoporosis (it can flush out too much calcium from the body)

You should also check with your doctor before supplementing with green tea extract if you're pregnant, breastfeeding, or taking medication.

## THE BEST GREEN TEA EXTRACT SUPPLEMENTS

You now know why green tea extract is extremely popular and found in many pre-workout and fat burner supplements.

Remember, though: No amount of weight loss pills and powders is going to make you lean and healthy.

But here's the good news: If you use diet and exercise as the primary drivers of weight loss and healthy living, then certain supplements can help you get more for your time and effort.

For example, an effective fat loss supplementation regimen can increase fat loss by about 30 to 50% with little to no side effects.

Another big benefit of taking the right fat loss supplements is they are particularly effective for reducing stubborn fat, which is usually belly fat for us guys and hip and thigh fat for girls.

And as you now know, green tea extract is one of the few worthwhile supplements (yohimbine and synephrine are two others).

If you want to get the most out of it, though, you need to know a few things.

First, some green tea extract supplements contain just that—powdered green tea leaves—while others contain an isolated form of one or more catechins.

You can go with either, but you want to pay special attention to the EGCG content, because that's the molecule most associated with green tea extract's weight loss and health benefits.

Unfortunately, the quality of green tea extracts varies wildly so some contain very little EGCG while others contain a fair amount. A good green tea supplement will by at least 45% EGCG.

You can also supplement with pure EGCG, which is what I do, and save money by reducing the amount of pills you have to take to reach the clinically effective dose required.

That's why I chose to include pure EGCG in my fat burner PHOENIX as opposed to a green tea extract.

PHOENIX helps you burn fat faster in three different ways:

- ✔ It increases your metabolic rate.



- ✓ It amplifies the power of fat-burning chemicals produced by your body.
- ✓ It increases the feeling of fullness from food.

And it accomplishes this through clinically effective dosages of several ingredients, including...

- ✓ Synephrine
- ✓ Naringin
- ✓ Hesperidin
- ✓ EGCG
- ✓ Forskolin

The bottom line is if you want to lose fat faster without pumping yourself full of stimulants or other potentially harmful chemicals...then you want to try PHOENIX today.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

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**YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.**