



NATURE'S SUNSHINE

Green Tea (Extract)

GOOD FOR

Brain

Immune System

Kidneys

SIZE **60 Capsules**

ITEM # **1096**

SERVING **1**

SUPPLY **20 days**

DIRECTIONS FOR USE Take one capsule three times daily with a meal.

— How the Key Ingredients Work

Green tea extract concentrates the naturally occurring goodness found in *Camellia sinensis* leaves — the same plant people have enjoyed for centuries — into a convenient daily supplement. It brings together a rich blend of plant compounds that work together to help your body feel its best from the inside out.

Green Tea Extract (*Camellia sinensis*) — The heart of this formula, green tea extract is made from unfermented leaves, which helps preserve the full spectrum of beneficial plant compounds. Centuries of traditional use back it up, and modern research confirms it supports antioxidant defense, a calm mind, healthy weight management, and clear-looking skin — all in one tidy capsule.

EGCG (Epigallocatechin-3-gallate) — EGCG is the star polyphenol in green tea and the reason researchers keep coming back to study it. It acts as a powerful antioxidant, helps the body manage everyday inflammation, and has been shown in clinical studies to support healthy skin, appetite balance, and the body's natural defenses against oxidative stress.

Antioxidant Polyphenols — Green tea's unfermented processing keeps its polyphenol content beautifully intact. These plant-based antioxidants help neutralize free radicals — the unstable molecules that can build up from stress, pollution, and everyday living. Multiple clinical trials show green tea supplementation meaningfully raises the body's total antioxidant capacity.

L-Theanine — L-theanine is a naturally occurring amino acid found almost exclusively in tea leaves. Research shows it works alongside EGCG to promote a sense of calm without causing drowsiness. Human clinical trials, including a study in 81 healthy adults, found that green tea's L-theanine content was linked to noticeable improvements in anxiety symptoms and overall mood.

Catechins — Catechins are the broader family of antioxidant compounds that give green tea its characteristic flavor and much of its wellness reputation. They help protect cells from everyday oxidative wear and tear, support the body's natural inflammatory response, and contribute to the skin-supporting and weight-management benefits seen in clinical research on green tea.

Caffeine (Natural) — Green tea contains a modest, naturally occurring amount of caffeine that pairs beautifully with L-theanine. Together they support gentle, sustained energy without the jittery feeling sometimes associated with coffee. Research also shows that caffeine and EGCG working in combination can help curb appetite and support a healthy metabolism over time.

Skin-Support Compounds — Green tea's antioxidant and antimicrobial properties have been studied specifically for their effect on skin clarity. A systematic review and meta-analysis of randomized controlled trials found that green tea extract showed meaningful benefits for acne-prone skin. These same compounds help protect skin cells from oxidative stress that can dull complexion and accelerate visible aging.

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