



Pharmedex Tëgreen

THE BENEFITS OF GREEN TEA

We all love a good cup of tea. We've consumed green tea for centuries, after all, and it's an important part of cultures across the globe.

Those who drink it have long believed in the benefits of green tea. We wanted to try it for ourselves, so we've included an extract taken from the *Camellia sinensis* plant in every Tëgreen capsule. Adding this green tea extract to your diet can help to protect your cells and tissues from oxidative stress caused by free radicals and support their natural defences*.

The story of free radicals and antioxidants.

Free radicals are unstable molecules. They can occur naturally in the body or because of exposure to things like pollution, stress, cigarette smoke, and toxins. They're mostly known for inducing oxidative stress, where each molecule tries to regain a lost electron by stealing one from its neighbour, which can affect cells and tissue.

Antioxidants, such as those found in our green tea extract, help prevent this by kindly donating one of their own electrons to the cause without becoming free radicals themselves.

Please note that some European Member States may have additional specificities that are linked to their national legislation. If applicable, you will find these in the country-specific Webpage, in the respective national language.

*evaluation of health claim pending.
Netto Weight 11g / Size 30 capsules

DAILY USAGE

Take one (1) capsule in the morning with food and drink.

WARNINGS

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not use if safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

INGREDIENTS

Green tea leaf extract (*Camellia sinensis* (L.) Kuntze) (69% - 250 mg/capsule), Capsule (Gelatine), Bulking agent: Microcrystalline cellulose, Anti-caking agents (Fatty acids, Silicon dioxide), Calcium L-ascorbate (3.3 mg/capsule – 3.75% RI*)
*RI: Reference intakes