

ANTIOXIDANT ACTIVITY, WEIGHT MANAGEMENT



 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

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# GREENSELECT<sup>®</sup> PHYTOSOME<sup>®</sup>

GREEN TEA EXTRACT

  
**GREEN SELECT**  
PHYTOSOME

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## WHAT IS GREENSELECT® PHYTOSOME®?

**GREENSELECT® PHYTOSOME®** is a proprietary, caffeine free, catechin extract from green tea formulated with Phytosome® technology.

Green tea consumption has been traditionally linked to lower body fat.

A number of clinical studies have shown **green tea to promote energy expenditure and caloric consumption** by increasing thermogenesis (the production of body heat derived from fat oxidation).<sup>1</sup>

**GREENSELECT® PHYTOSOME®** is supported by 2 independent human studies showing its beneficial effects on weight management and on general health when associated with diet.<sup>1,4</sup>

## SPECIFICATIONS

**GREENSELECT® PHYTOSOME®** is double standardized in polyphenols and epigallocatechin 3-O-gallate (EGCG):

≥19% to ≤25% polyphenols

≥13% EGCG

≤0.1% of caffeine

## RECOMMENDED USE AND DOSE

**GREENSELECT® PHYTOSOME®** is a light brown powder for use in nutritional supplements.

Recommended dose: 2 x 150 mg/day

## TRADEMARKS

**GREENSELECT® PHYTOSOME®** is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

## References

<sup>1</sup> Di Pierro F., *et al.*, *Alternative Medicine Review*. Volume 14, Number 2 (2009).

<sup>2</sup> Pietta P.G., *et al.*, *Biochem. Mol. Biol. Int.* 46: 895-903 (1998).

<sup>3</sup> Simonetti P., *et al.*, 16th International Congress of Nutrition. July August, Montreal, Canada (1997).

<sup>4</sup> Belcaro *et al.*, *Evid Based Complement Alternat Med*. Volume 2013:869061 [2103]

## WHAT MAKES GREENSELECT® PHYTOSOME® UNIQUE?

**GREENSELECT® PHYTOSOME®** is a proprietary, caffeine free standardized green tea extract with:

- **double standardization** in EGCG and tea catechins.
- more than 2-fold increase in oral bioavailability of EGCG compared to the non-Phytosome® formulation.<sup>2</sup>
- proven **antioxidant capacity** in humans.<sup>3</sup>

**GREENSELECT® PHYTOSOME®** studies demonstrated:

### significant results in weight management on overweight subjects<sup>1</sup>

- oral consumption of 150 mg twice a day, combined with a reduced-calorie diet resulted in an average of over 30 lbs weight difference in 90 days.
- **GREENSELECT® PHYTOSOME®** group also demonstrated a 12% reduction in BMI.
- male subpopulation showed a significant reduction in waistline.

### significant weight management in subjects with borderline metabolic syndrome and globally improved health profile<sup>4</sup>

- oral consumption, combined with a modified lifestyle and controlled dietary regimen, resulted in an effective weight loss, compared to lifestyle and dietary changes alone.

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