

ANTIOXIDANT ACTIVITY, WEIGHT MANAGEMENT



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

GREENSELECT[®] PHYTOSOME[®]

GREEN TEA EXTRACT


GREEN SELECT
PHYTOSOME

Please note this documentation is available for various countries all over the world and hence it may contain statements or product classification not applicable to your country. The claims made are in reference to ingredients only, hence they do not refer to finished products and they may not comply with Regulation EC n. 1924/2006. The marketer of any finished product containing any ingredient is responsible for assuring that the destination of the product and the claims made for the finished product are lawful and comply with all applicable laws and regulations of the country or countries in which the product is to be sold.

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).¹

GREENSELECT® PHYTOSOME® is supported by 2 independent human studies showing its beneficial effects on weight management and on general health when associated with diet.^{1,4}

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

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

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

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

⁴ 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.²
- proven **antioxidant capacity** in humans.³

GREENSELECT® PHYTOSOME® studies demonstrated:

significant results in weight management on overweight subjects¹

- 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 profile⁴

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

phytosome.info



indena.com

