HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

The Marvelous Benefits of EGCG (Green Tea Extract)

EGCG, a green-tea catechin, is valued for its antioxidant and anti-inflammatory properties and its support for heart health and healthy blood sugar.

Holistique Medical Team

February 10, 2021

Epigallocatechin-3-gallate, (EGCG) is a compound found in many foods. EGCG is a catechin – a particular type of flavonoid most often found in tea, cocoa, and berries.

Some of its most commonly studied properties are anti-oxidant and anti-inflammatory. It is also well known for heart health such as reducing LDL, “the bad cholesterol”, reducing blood pressure, and reducing inflammatory markers like tumor necrosis factor α and C-reactive protein. It can also help with neurological issues, lower blood sugar, and can help with weight loss.

EGCG has also drawn scientific interest for how it interacts with cell growth and metabolism. This is an active area of laboratory research and does not establish EGCG as a treatment for any cancer.[1]

Curcumin, an extract from turmeric, is another well-studied antioxidant, though on its own it is not well absorbed. Researchers have looked at pairing curcumin with EGCG to improve how the two are used by the body.[2] At Holistique we offer a combination of these extracts, called EGCG Curcumin, to support the body’s natural antioxidant defenses.
Lastly, about 70% of women in their reproductive years can greatly be affected by painful uterine fibroids and it can affect their day-to-day life.

For many women, the discomfort of fibroids can affect daily life, and conventional options are not always well tolerated.[3,4] EGCG is an area of active research here; the findings so far are early, so we encourage you to talk with your provider about what the current research does and does not yet show.

If you would like more information on how EGCG could benefit you, consult with your healthcare provider.

To your health, Dr. Zimmerman

REFERENCES:

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