

# Health Hints

## Maximizing Your Health With Green Tea

(NAPSA)—Green tea is emerging as among the most important botanical supplements around. One of the oldest health remedies known to science, its beneficial effects were documented thousands of years ago in traditional Chinese medicine.



Stephen Holt, M.D.

In fact, population studies indicate that green tea consumption in eastern Asia has been responsible for multiple health benefits, including anti-cancer effects, weight control and the promotion of cardiovascular health.

In Japan green tea is used as a government-approved disease preventive. It has been accepted by the Japanese government as playing a specific role in preventing cancer. The power of green tea is shown in many recent scientific articles that describe benefits on body functions such as immunity, cardiovascular function, brain function, even weight control.

The literature points to the ability of certain components of green tea to improve blood cholesterol levels.

There are a number of ingredients in green tea that have stimulatory or relaxing effects on the body. For example, the substance L-theanine has an interesting and potential "calming effect" on the body and it has been well applied in the management of unpleasant symptoms associated with menopause.



**Green tea has been found to have many health benefits.**

To help bring these benefits to more Americans, Stephen Holt, M.D., has created a supplement which offers all the good things in green tea without the bitter taste. The liquid concentrate of green tea in his Green Tea Max™ is organically grown and standardized. It contains powerful antioxidants called polyphenols plus such other nutrients from grape seed extract, pinebark extract, curcumin, ellagic acid, magic fruit extract (lohan), citrus bioflavonoids, resveratrol, selected oligomeric proanthocyanidins, stevia extract and licorice. The nutrients have been found in laboratory studies to be effective in fighting anti-aging and disease.

To learn more about the benefits of green tea, go to [www.greenteamax.com](http://www.greenteamax.com) or call 1-877-765-1099.