

GREEN TEA

Camellia sinensis

Liquid extract of dried, unfermented young leaf.

Actions: Green Tea's high content of catechins, flavonoids and other phenolic compounds makes it an excellent antioxidant (six times more so than black tea). Inhibits growth of tooth cavity-causing bacteria. Mild stimulant, astringent, diuretic and anti-inflammatory.

Uses: As an antioxidant to minimize the deleterious effects of environmental pollutants, inflammation or other forms of metabolic stress. Cancer prevention. As a mouthwash in prevention of dental cavities, and treatment of gum disease. Mild cases of diarrhea.

Dose: Take 30 to 40 drops, 3 or 4 times per day. As a mouthwash put 40 drops in 2 to 4 ounces of water and rinse mouth thoroughly.

Cautions: Although the caffeine content is low, some sensitive persons may experience nervousness, irritability or sleeplessness with large or too frequent doses.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. *The Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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