

# GREEN TEA

(*Camellia sinensis*)

## Clinical Summary

### Actions

- Antioxidant
- Anti-inflammatory
- Anticarcinogenic
- Antimutagenic
- Chemoprotective
- Antiproliferative
- Antifibrotic
- Cardioprotective
- Antihyperlipidaemic
- Hypo-cholesterolaemic
- Antiarteriosclerotic
- Antiplatelet
- Thermogenic
- Antimicrobial
- Antibacterial
- Antifungal
- Antiviral
- Hypoglycaemic
- Neuroprotective
- Hepatoprotective

### Indications

- Cancer prevention and prevention of recurrence, cancer therapy adjuvant
- Cardiovascular protection, hyperlipidaemia, hypertension, hypercholesterolemia, reducing atherosclerosis and thrombosis
- General antioxidant therapy
- Weight loss, small intestinal bacterial overgrowth (SIBO), irritable bowel syndrome (IBS), intestinal dysbiosis, ulcerative colitis
- General anti-inflammatory therapy for arthritis, osteoporosis and other inflammatory diseases
- Liver disease, renal disease, fibrosis of pancreas and liver, diabetes
- Chelation therapy adjuvant especially iron
- Infections, influenza, allergic rhinitis
- Dementia, cognitive impairment, depression
- Topically used for genital warts, gingivitis, sunburn protection, skin aging, bags under the eyes, athlete's foot

### Traditional Use

Tea is the most consumed beverage in the world after water, drunk in the United Kingdom for 350 years and in Asia for more than 4000 years.

### Energetics

Sweet and bitter with cooling properties.

### Constituents

Polyphenols which include flavanols, flavandiol, flavonoids and phenolic acids. Most of the green tea polyphenols are flavonols, commonly known as catechins.

### Use in Pregnancy

While dietary intakes appear safe, excessive use is not recommended due to caffeine content.

### Contraindications and Cautions

Considered safe and nontoxic as a tea in moderate amounts.

### Drug Interactions

Avoid with bortezomib (an anticancer medication), ephedrine and nadolol (used to treat high blood pressure). Caution with amphetamines, anticoagulant/antiplatelet (such as warfarin) drugs, clozapine (psychiatric medication), hepatotoxic drugs, lithium, monoamine oxidase inhibitors ((MAOIs) anti-depressants), phenylpropanolamine (used as a decongestant), theophylline (used to manage the symptoms of asthma and other lung conditions) and verapamil (used to treat high blood pressure). Monitor with alcohol, antidiabetic drugs, antifungal agents, cimetidine (used to treat heartburn), central nervous system depressants, central nervous system stimulants, disulfiram (used to treat alcoholism), fluvoxamine (a selective serotonin reuptake inhibitor (SSRI) antidepressant), iron, oral contraceptives and quinoline antibiotics. There is a theoretical beneficial interaction with doxorubicin (a chemotherapy medication).

### Administration and Dosage

Liquid extract 1:2 in 55% alcohol  
20 to 60mL weekly