

Introducing

Guardian Green Tea is a whole food, not a supplement. This tea is picked from the very first sprouts in the most recent spring and dried at room temperature to insure the maximum nutrition. We then gently grind it into a fine powder and pack it into vegetarian capsules. The tea grinding and capsule filling operations are carried out in the USA in FDA-certified facilities. Each batch is rigorously tested for quality and safety.

Order from

amazon.com[®]

Search for "Guardian Green Tea" under "health and personal care"

Nutrients consumed by drinking and eating green tea

Nutrients	Drinking (100 g)	Eating (100 g)
protein (g)	0.7	29.1
phosphorus (mg)	12	410
potassium (mg)	180	2800
β-C (μg)	0	21000
V-A (IU)	0	12000
V-B1 (mg)	0.06	0.3
V-C (mg)	10	110
V-E (mg)	0	24.7

— from Sangye Hemin, *Green Tea and Health*, 1993

Nutrition Facts

Serving Size 2 Capsules

Servings Per Container 45 or 90

Amount Per Serving

Edible Green Tea Powder	1000 mg*
Polyphenols	150 mg*
Catechins	150 mg*
EGCG	98 mg*
Caffeine	50 mg*

* Daily Value Not Established

Directions: For adults, take two (2) capsules up to three times daily, preferably with meals. Capsules may be opened and prepared as a tea.

Other Ingredients: Plant-based methyl cellulose capsule

No Artificial Color, Flavor or Sweetener,
No Preservatives, No Sugar, No Starch,
No Milk, No Lactose, No Soy, No Gluten,
No Wheat, No Yeast, No Fish

GUARDIAN FROM THE EARTH
**WHOLE FOOD
GREEN TEA**



**SCAVENGES FREE RADICALS
AND BOOSTS METABOLISM[†]**

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Unlike other green tea, Guardian Green Tea is unique:

- Guardian Green Tea is processed at the lowest temperatures possible, in order to reduce oxidation and preserve nutrients. It is only picked in the early springtime when the young leaves have the maximum nutritional value. The tea plants are allowed to “rest” for the remainder of the season. That is why only a limited supply of capsules is available only once per year.
- Picked only from the top of the mountain – 1,000 meters and above, the most insect-free environment possible!
- The tea is grown in a rural area of China where there is no industry. Only organic fertilizers are used and no pesticides are applied.
- Picked only from the very top leaves of each bush – young, tender, edible; the green color has just developed and the leaves are full of “young cells.” Picked at just the right time.
- Hand processed in small batches, ensuring minimal oxidation and maximum level of nutritional value. Brewing tea can destroy or leave behind many of the nutrients and certainly all of the fiber. That is why we are introducing edible green tea in capsule form. We use only vegetarian capsules and the tea grinding and capsule filling operations are carried out in certified facilities (FDA, NPA, NSF, CCOF). Each batch is tested for quality and safety by an independent laboratory with outstanding credentials in the food testing industry.

These convenient capsules can be taken directly or opened to give you a finely-ground powder that can be brewed into tea just by directly mixing with hot water, no filtering needed. Alternatively, the powder can simply be mixed with cold water to make iced green tea.

People who drink 5 or more cups of green tea per day have a reduced rate of death from all causes, especially cardiovascular disease.

The antioxidants in green tea remove free radicals from your body. Free radicals are thought to play a major role in aging as well as degenerative diseases such as diabetes, arthritis, rheumatism, Alzheimer's and cancer.

Green tea has also been shown to help lower cholesterol levels and increase the amount of “good” cholesterol (HDL) and reduce the amount of “bad” cholesterol (LDL). It also slows down the enzymes that convert calories into fat and therefore contributes to weight loss.

The key antioxidant in green tea is called epigallocatechin gallate (EGCG). One serving (2 capsules) of Guardian Green Tea contains about 100 mg of EGCG. In contrast, a typical cup of brewed green tea contains only 50 to 70 mg EGCG and black tea contains essentially no EGCG.

Black tea and oolong tea are highly oxidized and therefore do not contain nearly as much antioxidant as green tea.

Guardian Green Tea is a whole food, not a supplement. Do not confuse this with the green tea extract capsules you commonly see in health food and drug stores. Green tea extract is chemically-extracted from cheap green tea that often contains lead and other toxins. It is true that some of the antioxidants are highly concentrated but so is the caffeine and possibly some harmful impurities. Green tea extract capsules can lead to side effects such as bloating, upset stomach, insomnia, and nausea. Our whole green tea capsules have not been processed using any chemicals and are made from high quality edible green tea that can be consumed on a daily basis without side effects.

We have chosen not to decaffeinate Guardian in order to preserve the flavor and antioxidants that would be removed. The total caffeine in one serving (2 capsules) of Guardian is about the same as ½ cup of coffee. This caffeine is less bioavailable than the caffeine in brewed coffee, tea or soft drinks. People who are sensitive to the caffeine in coffee and even black and oolong teas have consumed our green tea without any problems. However, we do recommend that caffeine-sensitive people exercise care in consuming this product just as they would any other caffeinated product.

