# Green Tea

Latin name: *Camellia sinensis*
Family: Theaceae

**Miscellaneous:**
- Evergreen shrub native to Southeast Asia's mountainous region.
- Inactivation of oxidative enzymes will result when the leaves are properly processed. This inactivation will preserve the polyphenols, which are the antioxidant constituents.[1] Following this procedure will result in a "green tea".

**Uses:**
There are chemopreventive compounds included in this herb, as well as the afore-mentioned antioxidants. These antioxidants act by inactivating free radicals.

**Mechanism:**
Catechins, by definition of action, are responsible for this herb's chemopreventive properties. Primary polyphenols include: epigallocatechin gallate (EGCG), epicatechin, epicatechin gallate, and proanthocyanidins.[1] Clinical applications in animal tumor models have demonstrated the anticancer efficacy of green tea, though a direct correlation in human subjects has not been verified.[1]

**Dosage:**
There is no standard with regards to proper dosing of this herb, though trials are commonly evaluated on the basis of 7-10 cups of tea QD.

**Contraindications/Side effects:**
Pregnancy/breastfeeding. Insomnia, tachycardia, nervousness, and improper iron metabolism when consumed excessively, all of which are tied to the tea's caffeine-related effects.

**Citation References:**
1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 249-250.

**General References:**
1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 249-250.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 117-119.
3. Duke, J.: *The Green Pharmacy:* 1997, pp. 31.