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Green tea extract is correlated with numerous health benefits related to cardiovascular and metabolic health.

NEW RESEARCH PROVIDES ADDITIONAL EVIDENCE THAT SUPPORTS THE HEALTH BENEFITS OF GREEN TEA

A new study published in Nutrition Research shows a positive correlation between green tea extract (GTE) and improvements in measures of cardiovascular and metabolic health. Based on previous research showing that green tea extract has a positive impact on numerous health parameters, the researchers hypothesized that supplementation with GTE would improve insulin resistance and cardiovascular risk factors in obese, hypertensive individuals.

Fifty-six obese, hypertensive study participants were randomized to receive either a placebo or 379 mg of GTE daily for three months. Several health-related measurements were taken at baseline and again at the end of the three month period. Some of the key measurements included blood pressure, plasma lipid levels, glucose levels, total antioxidant status, and insulin levels.

The results of this double-blind, placebo-controlled study shows a correlation between the GTE supplementation and several markers of health status. GTE supplementation was associated with a statistically significant decrease in systolic and diastolic blood pressure of 4.9 and 4.7 mmHg, respectively. When compared with the placebo there was also a significant reduction in fasting serum glucose, insulin levels, and insulin resistance. A significant decrease in LDL and an increase in HDL cholesterol were also observed. In addition, total antioxidant status increased, while serum tumor necrosis factor α and C-reactive protein were lowered.

This research continues to add strong evidence supporting the use of GTE. The researchers acknowledge that the results of this study only apply to one particular group of individuals, but because this group of individuals is overrepresented in many modern populations they recommend that the use of GTE continue to be evaluated.

Bogdanski P, Suliburska J, Szulinska M, et al. Green tea extract reduces blood pressure, inflammatory biomarkers, and oxidative stress and improves parameters associated with insulin resistance in obese, hypertensive patients. Nutrition Research (New York, N.Y.). 2012;32(6):421-7.