

Jackie Chan's XGT Healthy Energy Green Tea Drink Mix - Tea with a Kick™!

(Available Exclusively through Alivamax Worldwide)
(Manufactured by a Pharmaceutical Company)

Jackie Chan's XGT Healthy Energy Drink combines Nutrition with a SERIOUS NATURAL ENERGY BOOST! No SUGAR or High Fructose Corn Syrup, LOW Caffeine 10 mg- 20mg, 15 amino acids, 13 minerals, ginseng, Vitamins A, B, C, and E, no artificial colors or flavors! This healthy energy drink has over 8 years of research and development and is NOW Available Exclusively from Alivamax Worldwide!

"Because I do my own stunts, I am not always nice to my outside. And, its important to me to be nice to my inside. That is why I drink XGT Energy. This unique green tea energy is so different from the other energy drinks, and it is delicious. I feel my body is in balance with XGT Energy. So to be nice to your inside and drink XGT Energy, tea with a kick!" - Jackie Chan

The dream of combining modern technologies with ancient Chinese wisdom are being realized in a proprietary and unique instant green tea. XGT Energy Green Tea drink mix made from fresh-picked raw green tea leaves and a cold-water extraction process. XGT Energy is a fast, natural and delicious way to drink green tea and receive the health benefits of powerful flavonoid antioxidants (polyphenols) that are far more potent than Vitamin C or E. The patented extraction process using only fresh-picked green tea leaves and cold water without any solvents, chemicals or alcohols is the most efficient way to preserve the natural health nutrients found in green tea.

Drinking just one serving of XGT Energy Tea has the nutritional benefit of up to eight cups of traditionally brewed tea. No brewing needed, just add hot or cold water and stir.

Each serving provides 150 mg of polyphenols, including 50mg of EGCG (considered to be the most active component in green tea), plus 100% of the daily requirement of Vitamin-C, and many other natural minerals, amino acids, fiber and more.

A Better Way to get the Benefits of Green Tea

- 150 mg of Natural Green Tea flavonoid antioxidants (polyphenols) per serving
- The only Green Tea Extract made from fresh-picked green tea leaves
- Great natural, fresh taste and color - no artificial flavors, colors, or preservatives
- 100% of the daily value of Vitamin C per serving
- 50% less caffeine than most coffee

A Better Way to get the Benefits of Green Tea - Power Packed with Energy and Serious Nutrition

- 150 mg of Antioxidants per serving
- 50 mg EGCG
- Ginseng
- Taurine - 50 mg
- Vitamin B2
- Vitamin B3
- Vitamin B6
- Vitamin B12

- Amino acids – more than 15 essential amino acids including theanine, glutamic acid, arginine, aspartic acid, glutamine, serine, threonine, alanine, asparagine, lysine, phenylalanine, valine, glycine, leucine, GABA, methionine, histidine, cysteine, cystine, proline, tyrosine ...
- 13 Trace Minerals
- Zero sugars and zero calories
- Contains 10-20 mg of Caffeine

Health Benefits

- **Body Performance**

Natural performance enhancer having rejuvenating and refreshing effects
 Help maintain a constant level of mental alertness, and reduce feelings of fatigue
 Enhance a relaxed but alert mental state of mind

- **Body Appearance**

Help maintain healthy weight
 Increase energy expenditure and fat burning
 Promote good skin condition by protecting skin from UV radiation-induced damage

- **Heart Health**

Reduce risk of heart disease by maintaining healthy function of the endothelium, the inner lining of all blood vessels, such as arteries and veins
 Significant lower total cholesterol and LDL cholesterol and help to maintain normal cholesterol levels

- **Immune System**

Protect normal cells from damage caused by free radicals and other carcinogens
 Enhance the body's ability to naturally kill precancerous and cancerous cells
 Slow down the growth of precancerous cells by maintaining normal cell growth
 Prevent or delay tumor formation, specifically in the skin, lung, esophagus, stomach and colon
 Act as anti-allergic, anti-inflammatory, anti-viral and anti-bacterial agents

- **Bone Health**

Reduce the risk of osteoporosis by increasing BMD (bone mineral density)
 Reduce the risk of developing rheumatoid arthritis

- **Oral Health**

Good source of fluoride by strengthening tooth enamel and combating cavities
 Inhibit the plaque-forming ability of oral bacteria

- **Eye Health**

Protect retina, lens and aqueous humor
 Prevents cataract formation
 Protects against age related macular degeneration and glaucoma

How to Enjoy

- Rep, Pour, Shake, Enjoy!
- Great Cold or Hot
- Unsweetened - No sweetener required
- Health in an Instant!

And Just One More Secret Weapon to Fight Aging!

Fresh Green Tea Leaves

Here, "fresh" means that the fresh-picked green tea leaves never go through a drying process at all. In other words, after green tea leaves are harvested, within about 4 hours or less, the green tea leaves are in the extraction process; just like fresh vegetables (You don't want to eat dry or processed vegetables!).

Because fresh green tea leaves can't be stored for a long period, almost all of commercially available green tea products including extracts and tea bags are made from dried green tea leaves. However, many tea companies including leading-brand tea companies try to confuse consumers by using words such as "fresh", "fresh brewed", or "natural tea leaves". No matter what kind of wording they use, it is clear that their green tea products are made from dry or processed green tea leaves.

The Patented Extraction Process

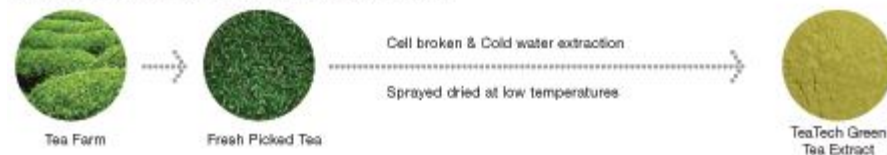
Cold water only, no chemicals, organic solvents & alcohols used at all!

Most commercially available green tea extracts are made using alcohol, organic solvents or chemicals to extract the polyphenols from the tea leaves. Jackie Chan's XGT Energy Green Tea extract has a patented extraction method to extract the nutrients from fresh green tea leaves using only cold water. This proprietary cell-broken extraction process preserves all the natural nutrients, taste and color contained in fresh green tea leaves, providing a unique fresh green tea extract naturally high in polyphenols (antioxidants, including EGCG known and recognized as the most important and powerful polyphenol available and found only in green tea), vitamins, minerals, amino acids, fiber and more. Jackie Chan's XGT Energy Green Tea extract is the only brand that is 100% chemical free and 100% natural.

Traditional Green Tea Extraction Process



TeaTech's Proprietary Green Tea Extraction Process



Why is Jackie Chan's XGT Green Tea Energy Drink Different?

Healthy Energy To Go

The dream of combining modern technology with ancient Chinese wisdom are being fully realized in its line of proprietary and unique instant green teas. Made from fresh-picked (not dried) green tea leaves and using only cold water in its extraction method, one serving of our instant green tea provides more than 8 times the antioxidant benefits of most brewed green teas. The natural fresh green tea taste and color is the secret of its refreshing character and deliciousness.

Key Facts of Jackie Chan's XGT Green Tea Energy Extraction Method

- The **ONLY** green tea extraction method that uses the fresh-picked (not dried) green tea leaves and cold water - **100% Natural!**
- **NO** alcohols, chemicals or organic solvents used throughout the whole extraction process - avoiding liver toxicity issues caused by excessive layers of chemical solvent processing.
- **NO** heat used during extraction processes - maximizing potency of antioxidants, vitamins and other heat-sensitive nutrients
- **Cell-broken** extraction method to preserving all naturally existing beneficial nutrients found in green tea - polyphenols, vitamins, amino acids, minerals fibers and more ...
- **NO** preservatives, colors added

How is Jackie Chan's XGT Green Tea Energy Superior?

- **Extracts concentrate the beneficial nutrients in tea**
- Tea placed in a tea bag has a dissolution rate of 30% meaning less than one third of the beneficial components fully dissolved and are available for absorption.
- **Broad Application**
- The extraction technology can be broadly applied to the extraction of fresh herbs, fresh medicinal plants, fresh fruits and fresh vegetables to preserve active ingredients as well as all natural nutrients.
- **NO** preservatives, colors added

Jackie Chan's XGT Green Tea Facts

- **Only** green tea made from **FRESH** picked green tea leaves and a cold water extraction process, **100% Natural**
 - **Higher** content of natural antioxidants and other beneficial nutrients
 - **150 mg polyphenols** per serving = **4 cups** of brewed green tea
 - **50 mg EGCG** - the most powerful catechin of the polyphenols
 - Low in caffeine (<20mg) - 50% less than most coffees
 - Ginseng, Taurine, and B vitamins added to boost natural energy
 - Natural, fresh green tea taste and color - no artificial color & flavor
- Because of its uniqueness and highest possible quality, XGT Energy brand has already become well recognized and now **ONLY AVAILABLE FROM ALIVAMAX!**

Jackie Chan's XGT Energy Green Tea extract strictly monitors and controls the polyphenol content and other items listed in the COA (Certificate of Analysis). But more importantly, Jackie Chan's XGT Energy Green Tea extract is made from 100% natural fresh green tea extract. Green tea color and green tea taste naturally varies in harvest seasons. The natural green tea color and taste in our products may vary from season to season; however, we make sure that the polyphenol content of every batch meets our strict specifications.

To guarantee the potency of green tea polyphenols during storage, the water residue content in our final products is very low (less than 2%), which means it takes a little more time for the extract in our products dissolve completely. It takes a little more time for the extract in our products dissolve completely.

Green Tea Nutrients

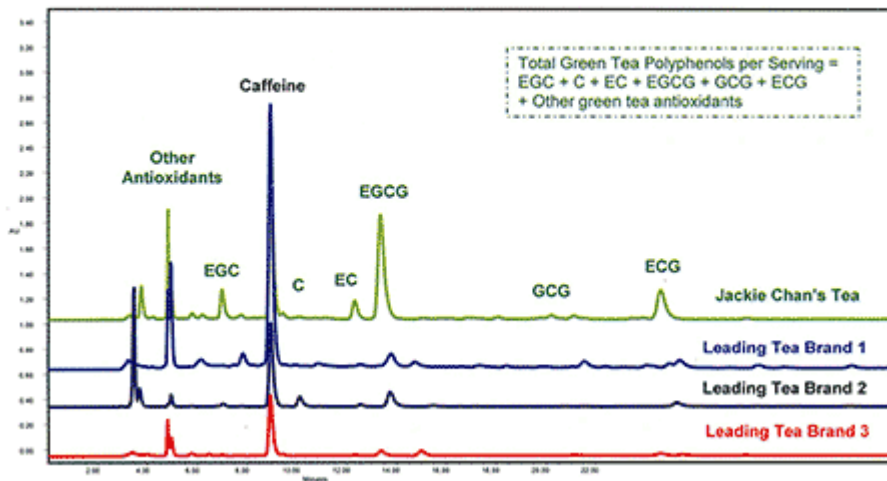
Due to the unique extraction process using only fresh-picked green tea leaves and cold water, Jackie Chan's XGT Energy Green Tea green tea extracts contain higher contents of naturally existing nutrients in green tea leaves.

- **Polyphenols:** Each serving of Jackie Chan's XGT Energy Green Tea instant green tea products provides 150 mg polyphenols. The slight astringent and bitter taste of our green tea products is attributed to the polyphenols.
- **Caffeine:** Each serving of Jackie Chan's XGT Energy Green Tea instant green tea products has 10 - 20 mg caffeine, which is 50% less than an average cup of coffee. Jackie Chan's XGT Energy Green Tea doesn't offer decaffeinated green tea extracts, simply because of unavoidable contamination of organic solvents and chemicals.
- **L-Theanine:** Each serving of Jackie Chan's XGT Energy Green Tea instant green tea products contains 10 - 20 mg L-Theanine: a very unique amino acid that has shown the ability to promote muscle relaxation and improve good quality sleep.
- **Chlorophyll:** Jackie Chan's XGT Energy Green Tea green tea extract has the highest green tea chlorophyll content (0.5 - 1.0%) compared to green tea extracts made from dry or processed green tea leaves. Chlorophyll is to plants what blood is to humans. Green tea chlorophyll has numerous health benefits, such as liver detoxification, cleaning digestive tract, preventing liver cancer and lowering blood sugar level.
- **Vitamins:** Jackie Chan's XGT Energy Green Tea green tea extract contains naturally existing vitamins found in green tea, such as vitamin C, E, B and A.
- **Fluorine:** Fluorine is well known for its preventing effect against dental caries, which naturally exists in green tea. Studies showed that drinking green tea helps reduce dental diseases.
- **Fibers:** Because of proprietary cell-broken extraction technology, nano-size particles of green tea fiber are preserved in our green tea extracts, making it very unique from any other commercially available green tea product or extract. This is also why the solution of Jackie Chan's XGT Energy Green Tea green tea beverage mix is not transparent, which brings you the benefits of natural green tea fiber.

Quality Control

Quality is our #1 priority. To control the quality of our fresh green tea leaves, Jackie Chan's XGT Energy Green has privately contracted with our tea farms in China in order to provide the best quality of fresh green tea leaves. Our tea farm contract requires regular follow-up with our quality guidelines to ensure that the quality of the green tea leaves grown and harvested meet our requirements. Jackie Chan's XGT Energy Green Tea extract manufacturer is a pharmaceutical company with certification for worldwide production. Our green tea manufacturer follows GMP regulation and documentation for each production batch of Jackie Chan's XGT Energy Green's exclusive green tea products. The quality control laboratory monitors the quality of each batch of fresh green tea leaves and finished green tea extract, as well as the final product. Each batch of final product goes through two independent testing both in China and again here in the USA. Our headquarter facilities located in Salt Lake City, Utah utilizes an analytical laboratory equipped with the most advanced analytical equipment available in the world today to support our domestic quality control work

Polyphenol Comparison of Jackie Chan's XtraGreen Tea to Other Leading Green Tea Brands



What is Tea?

All tea comes from same plant *Camellia Sinensis*. How the leaves are processed and their levels of contact with oxygen determine the resulting types of tea and the polyphenol content. During oxidation, tea leaves undergo natural chemical reactions that result in distinctive color and taste characteristics. This oxidation process reduces the polyphenol content and other nutrients in the tea.

What are Polyphenols?

Polyphenols (flavonoids) are powerful antioxidants that are 100 times more potent than Vitamin C and 25 times more than Vitamin E. Polyphenols are important for fighting harmful free radicals, which cause degenerative diseases and immune system deficiency.

Studies show that consuming foods high in polyphenols can promote good health, maintain normal weight and stimulates the immune system. Green tea contains higher antioxidants—flavonoid polyphenols than black and oolong teas.

The polyphenols that exist in green tea are mainly (-)-epigallocatechin gallate (EGCG), (-)-epigallocatechin (EGC), (-)-epicatechin gallate (ECG), (+)-epicatechin (EC), (-)-gallocatechin gallate (GCG), and (-)-catechin. EGCG is the most powerful and the most abundant of the six major catechins found in green tea.

Green Tea Benefits?

- Boosts the immune system
- Regulates cholesterol levels
- Speeds up fat burning
- Helps promote energy
- Reduces risks of heart attack & stroke
- Decreases risks of certain types of cancer
- Protects the body against free radical damage
- Reduces risk of osteoporosis & builds stronger bones
- Fights harmful bacteria and viruses

- Fights the build-up of sticky plaque in the arteries
- Prevents cavities and gum disease
- Reduces risks of developing rheumatoid arthritis

Studies

Tea Antioxidants

Many of the health benefits of drinking tea come from the fact that tea contains high levels of antioxidants called polyphenols or flavonoids. These compounds are most prevalent in green and white teas, but are also present to varying degree in Oolong and black teas. Polyphenols can help the body protect itself against free radicals, molecules which occur in the environment and are naturally produced by the body, can cause damage to cells. Chronic damage by free radicals is one factor thought to contribute to the development of many chronic diseases including heart disease or cancer. Polyphenols scavenge cell-damaging free radicals, which are linked with cancer-causing genes and cause LDL cholesterol to form artery-clogging plaque. The polyphenols in tea possess 25 to 100 times the antioxidant potency of vitamins C and E. Antioxidants impair the ability of free radical cells to harm the molecules that make up our bodies.

Tea & Weight Loss

Green tea has recently become the latest weapon in the war on weight. The results of some new studies are promising, finding that green tea can increase the rate of calorie burning, reduce body fat levels and even prevent excess weight gain. A human study showed that taking in the equivalent of 3 cups of green tea per day burned an additional 80 calories per day.

In a study of energy expenditure in men, those who took green tea extract containing EGCG plus caffeine three times daily burned about 80 more calories per day than those who didn't take the extract. Interestingly, taking caffeine with EGCG didn't have the same effect. Also, green tea extract was found to significantly increase 24 hour energy expenditure and fat oxidation in healthy men.

In another study, after three months of consumption of green tea extract by moderately obese patients, body weight decreased by 4.6 percent and waist circumference decreased by 4.48 percent. Researchers looked at group of flavonoids in tea and its effect on weight loss and body fat. They found significant weight loss and a significant reduction in total body fat in the people drinking tea flavonoids (equal to 3-4 cups of tea per day) when compared to participants drinking the placebo.

Green tea is believed to help prevent obesity by revving up the fat-burning effects of brown fat, sending glucose to muscle tissue where its more likely to be burned, rather than to fat tissue, and inhibiting the action of fat-digesting enzymes so the fat that you eat is less available to the body. Additionally, green tea is a satisfying, calorie-free beverage that can be substituted for sweetened beverages and is a delicious alternative to plain water in a healthy weight management plan.

Tea & Heart Health

Heart disease is a major cause of preventable disease and death in all regions of the world. In US, over 40% of all deaths are caused by heart disease which affects over 64 million people, almost one quarter of the US population. As part of a healthy lifestyle regular tea drinking may help maintain a healthy heart. Green tea is associated with a reduction in many risk factors for cardiovascular disease. Besides improving cholesterol values, it may help lower blood pressure, decrease blood stickiness, and prevent LDL oxidation (a crucial beginning step in the atherosclerotic process).

Human population studies have found that people who regularly consume three or more cups of tea per day have a reduced risk of heart disease and stroke. Three separate analyses of research showed that drinking three cups of tea daily reduced the risk for cardiovascular disease death or heart attack by about 10-12%. Clinical studies suggest that the risk reduction associated with tea consumption may be due to improvement in some risk factors for cardiovascular disease, including cholesterol levels, blood vessel function and a reduction in oxidative damage.

While researchers are still examining the various mechanisms by which tea flavonoids function, some studies suggest multifunctional mechanisms, meaning that several mechanisms work in tandem to collectively improve markers for cardiovascular health. Important areas of tea and cardiovascular health research include blood vessel and endothelial function, or the ability of the blood vessels to dilate to allow for proper blood flow, serum cholesterol levels and Low Density Lipoprotein (LDL) cholesterol oxidation. Each of these factors impacts the risk of heart attacks, stroke and cardiovascular disease. Study findings in the area of tea and the reduction in cardiovascular disease risk include the following:

Coronary Heart Disease (SHD)

- A total of 3,430 patients aged 30-70 years were examined and 6.3 percent were found to have indications of CHD. The study found that those who drank more than six cups of tea per day had significantly lower prevalence of CHD than non-tea drinkers, even after adjustment for risk factors like age and smoking. The study also found that drinking six or more cups of black tea per day was associated with decreased serum cholesterol and triglyceride concentrations.
- Dutch study found that participants who drank one to two cups of black tea daily had a 46 percent lower risk of severe aortic atherosclerosis, a strong indicator of cardiovascular disease. Those who drank more than four cups of tea a day had a 69 percent lower risk.

Cardiac Events

- The Zutphen study with 805 male subjects over a period of five years, found that the incidence of fatal and nonfatal first myocardial infarction and mortality from stroke decreased significantly as intake of tea flavonoids, and the effectiveness increased in a dose-dependent manner. A follow-up study found that high intake of flavonoids significantly lowered the risk of stroke.
- A Harvard study examined 340 men and women who had suffered heart attacks in comparison to the control subjects. They found that those who drank a cup or more of black tea daily had a 44 percent reduction in the risk of heart attack compared to non-tea drinkers.

- Another recent Harvard study of 1,900 people found that those who consumed tea during the year prior to a heart attack were up to 44 percent more likely to survive over the three to four years following the event. Those who consumed about 14 cups of tea per week experienced a 28 percent reduced death rate and those who consumed more than 14 cups of tea per week were found to have a 44 percent reduced death rate, as compared to non-tea drinkers.

Cardiac Events

Researchers believe that green tea helps reduce cholesterol by lowering its absorption in the digestive tract and increasing its excretion. A study conducted by United States Department of Agriculture (USDA) showed that the effect of tea on 15 mildly hypercholesterolemic patients following a "Step I" type diet moderately low in fat and cholesterol. After three weeks, the patients with five servings of black tea per day reduced LDL ("bad") cholesterol by 11.1 percent and total cholesterol (TC) by 6.5 percent compared to placebo beverages.

Italian researchers studying two groups of volunteers following a controlled diet found that those who drank two cups of green tea (about 250 mg of catechins) per day for 6 weeks reduced their LDL "bad" cholesterol by an average of 13 mg/dl.

A double blind, randomized, placebo-controlled study involving 240 people with mildly to moderately-elevated cholesterol found that taking 375 mg of theaflavin-enriched green tea extract daily for 12 weeks caused a reduction in total cholesterol of 11.3% and in LDL cholesterol of 16.4%, while the HDL "good" cholesterol increased by 2.3%. Animal studies have shown that even when consuming a diet rich in lard and cholesterol, rats that receive green tea catechins have much lower cholesterol levels than those who don't receive the catechins.

Tea and Cancer Prevention

Research studies suggest that the flavonoids in tea could play a role in human cancer risk reduction possibly by combating free radical damage, inhibiting uncontrolled cell growth (cell proliferation), and by promoting programmed cell death (apoptosis). Leading scientists worldwide are actively studying these potential mechanisms, and clinical trials and population studies are underway. More evidence is needed before any definitive conclusions can be drawn. Recent findings include:

- A recent study found that smokers who drank four cups of green tea per day demonstrated a 31 percent decrease in biomarkers of oxidative DNA damage in white blood cells as compared to those who drank four cups of water. Oxidative DNA damage is implicated in the development of various forms of cancer.
- Epigallocatechin gallate (EGCG) may protect normal cells from cancer-causing hazards as well as eliminate cancer cells through apoptosis. Researchers tested the potential anti-cancer benefits of a green tea polyphenol, EGCG, in hamster cells and discovered that EGCG suppressed DNA changes and damage from carcinogens. EGCG also protected from further damage from the carcinogens and inhibited growth and multiplication of cancer cells.

Rectal Colon Cancer

- An epidemiological study conducted by the University of North Carolina found consumption of the equivalent of 2.5 cups of tea per day or more was associated with a 60 percent drop in rectal cancer risk

among Russian women from Moscow, as compared to women who drank relatively less than 1.2 cups of tea per day. Those women who drank approximately 1.2 to 2.5 cups of tea per day had a 52 percent reduction in the risk of rectal cancer.

- Based on data from the NHANES I Follow-Up study (NHEFS), researchers found that tea drinkers had about a 42 percent reduced risk of colon cancer as compared to non-tea drinkers. Men who drank more than 1.5 cups of tea per day were found to have a 70 percent lower colon cancer risk.
- Researchers who followed a group of over 34,000 postmenopausal healthy women between 55 - 69 years of age for 12 years found that those consuming high levels of catechins experienced up to a 45 percent decrease in the instances of rectal cancer. Catechins are a class of flavonoids found in tea, fruits and vegetables. Catechins derived from tea were most strongly linked to a decrease in rectal cancer.
- The Iowa Women's Study, which followed post-menopausal women between the ages of 55 and 69 for eight years, found that participants who drank two or more cups of tea per day had a 32 and 60 percent reduced risk of developing digestive and urinary tract cancers, respectively.
- A large population study found an inverse relationship between green tea consumption and the risk of colon, rectal and pancreatic cancer. Male participants, who drank 4.5 servings of tea per day, had an 18 percent decrease in colon cancer risk and 28 percent decreased risk of rectal cancer. Female participants, who drank 3 servings of tea per day, were observed to have a decreased risk of colon and rectal cancer by 33 percent and 43 percent, respectively. Risk of pancreatic cancer was also reduced in both men and women by 37 percent and 47 percent respectively.

Rectal Colon Cancer

- Researchers from Shanghai, China compared 206 people newly diagnosed with stomach cancer to 415 healthy control subjects. After studying the volunteers health, diet and lifestyle habits, the researchers concluded that drinking green tea reduced the risk of developing stomach cancer by as much as 41%.
- A study conducted with members of the Shanghai Cohort (18,244 men aged 45-64 years at recruitment with up to 12 years of follow-up) discovered a statistically significant inverse relationship between positive tea polyphenols levels (as measured in urine) and gastric cancer

Lung Cancers

The diet and lifestyle habits of 649 nine women with lung cancer were compared to those of 675 healthy women. The researchers found that drinking green tea reduced the risk of developing cancer by as much as 35% (in the nonsmokers only), and that the more green tea consumed, the greater the protection.

Breast Cancers

- A study of 1,100 Asian-American women, half of whom had breast cancer, showed that those in the non-cancer group were much more likely to be green tea drinkers. The researchers concluded that "green tea drinkers showed a significantly reduced risk of breast cancer..." and the more green tea consumed, the greater the protection.

- The combined results four studies (a meta-analysis) showed a 12% reduction in risk of developing breast cancer for those drinking the most green tea compared to those drinking the least.

Pancreatic Cancers

- A case-control study of cancer of the pancreas involving over 200 people found a significantly decreased risk of developing the disease in those who consumed green tea.

- Another study found that those who drank 2 or more cups of green tea per day had a 60% lower risk of developing pancreatic cancer. In test-tube studies, green tea has been shown to fight pancreatic cancer by damaging the mitochondria of the cancer cells and inhibiting cancer activation.

Prostate Cancers

A double-blind, placebo-controlled study of green tea's ability to fight prostate cancer was published in Cancer Research in 2006. Sixty men with HG-PIN, a condition that can quickly progress to prostate cancer, were divided into two groups. One group received 600 mg of green tea catechins per day; the other did not. After one year, only one prostate tumor was found among the green tea group compared to 9 in the control group.

Oral Cancers

- A human intervention trial the effect of treating superficial precancerous lesions (leukoplakia) in the mucosal lining of the mouth with a mixed tea product. After the six-month trial, partial regression of the lesions was observed in 37.9 percent of the group treated with tea as compared to only 10 percent of those treated with a placebo.
- Researchers examined the effects of tea and curcumin, a spice and food-coloring agent, on oral cancer in hamsters. Hamsters were treated with a cancer-causing solution topically inside the cheek three times a week for six weeks. Two days after the last treatment of the solution, the hamsters were given Green Tea as drinking fluid or curcumin applied topically three times per week, the combination of Green Tea and curcumin treatment, or no treatment for 18 weeks. At the end of this period, the scientists observed that the combination of tea and curcumin significantly decreased the number of visible tumors and tumor volume. Furthermore, tea alone and in combination with curcumin increased cancer cell death, or apoptosis.

Ovarian Cancers

A case-control study conducted in China, which employed 254 patients with histologically confirmed epithelial ovarian cancer and 652 control subjects, determined green tea consumption based on a validated questionnaire and found that, after accounting for demographic, lifestyle and familial factors, ovarian cancer risk declined with increasing frequency and duration of overall tea consumption.

Tea & Immune Function

A healthy immune system protects the body from infection and disease. The researchers identified a substance in tea, L-theanine a unique amino acid, which primes the immune system in fighting infection, bacteria, viruses and fungi. This suggests that regular tea consumption may help support the body's immune system. Researchers from the Brigham and Womens Hospital and Harvard University recently published new data indicating that theanine can help the body ward off infection and disease and may strengthen the immune system.

A subsequent human clinical trial showed that certain immune cells of participants who drank five cups of black tea a day for two to four weeks secreted up to four times more interferon, an important part of the body's immune defense, than at baseline. Consumption of the same amount of coffee for the same duration had no effect on interferon levels. According to the authors, this study suggests that drinking black tea provides the body's immune system with natural resistance

to microbial infection. While research on effects of tea on the body's immune system and its potential to help protect the body is just emerging, experts are encouraged by these promising results.

Tea & Oral Health

Tea may also contribute to oral health. The flavonoids in tea may inhibit the plaque-forming ability of oral bacteria and the fluoride in tea may support healthy tooth enamel. Tea is a good source of fluoride, a mineral that helps protect teeth by strengthening tooth enamel and combating cavities. Research studies indicate that tea flavonoids may inhibit the plaque-forming ability of oral bacteria. Tea does this through an anti-bacterial effect on Streptococcus bacteria, by preventing the bacteria's adherence to teeth and by limiting of the synthesis of sticky glucan which in animal studies has been shown to help prevent cavities. A recent study conducted at the New York University Dental Center examined the effects of black tea extract on dental caries formation in hamsters. Compared to those who were fed water with their food, hamsters which were fed water with black tea extract developed up to 63.7 percent fewer dental caries.

Tea & Bone Health

Although high caffeine intake has been suggested to be a risk factor for reduced bone mineral density (BMD), research indicates that drinking tea does not negatively affect BMD, and while it may be too soon to state definitively, findings suggest that tea may even play a role in bone health. A study published recently in the American Journal of Clinical Nutrition found that older women who drank tea had higher BMD measurements than those who did not drink tea. The researchers concluded that the flavonoids in tea might influence bone mass and that tea drinking may reduce the risk of osteoporosis. Another recent study found that habitual tea-drinking was seen to have a significant beneficial effect on the BMD of adults (30 years and older), especially in those who had been habitual tea-drinkers for six or more years. Studies in adolescent and postmenopausal women found no relationship between caffeine intake and bone health.

Tea & Skin Health

According to a study conducted by the University of Arizona, participants who drank iced black tea and citrus peel had a 42 percent reduced risk of skin cancer. Black tea consumption is associated with a significantly lower risk of squamous cell carcinoma (SCC), a form of skin cancer; tea concentration (strength), brewing time and temperature all influence the potential protective effects of hot black tea on SCC. Oral consumption of green or black tea decreased the number of tumors in mice following exposure to UV radiation. Green tea polyphenols may have cancer preventive potential, especially in the case of solar UV-induced cancer. Research suggests that compounds in green tea may protect skin from ultraviolet (UV) radiation-induced damage when applied topically.

Topical treatment of green tea polyphenols on human skin prior to UV exposure inhibited indicators of DNA damage, thus inhibiting photocarcinogenesis, or UV-induced skin cancer. Experiments that show that administration of green tea, Black Tea or specific flavonoids in tea inhibited the growth of established nonmalignant and malignant skin tumors in tumor-bearing mice. In addition, oral administration of Black Tea inhibited DNA synthesis and enhanced cell death (apoptosis) in both nonmalignant and malignant tumors in tumor-bearing mice.

FAQ - Frequently Answered Questions

Q. What does drinking tea do for my health?

A. Find out in the Why is our [Tea Different](#) and [Nutrients](#) section on this site.

Q. How much tea do I need to drink each day?

A. Studies show that one cup of green tea with about 30 to 60 milligrams of polyphenols isn't enough. To receive maximum benefits from tea, you should drink between four and ten cups of green tea, or get 120 to 600 milligrams of tea polyphenols, every day.

Q. What are free radicals?

A. Free radicals are unstable molecules such as hydrogen, nitric oxide (NO) and oxygen (O₂). They occur naturally in the body and result from chemical reactions during normal cellular processes. They also result from exposure to pollution, sunlight, cigarette smoke, auto and industrial emissions and other toxins. Free radicals attack other molecules in the body and can damage cells resulting in the formation of another free radical and the process just continues. Free radical damage is a possible contributor to chronic and aging diseases including cancer, heart disease, stroke, rheumatoid arthritis, cataracts and Alzheimer's disease.

Q. What are antioxidants?

A. Antioxidants are substances that prevent or slow the breakdown of another substance by oxygen. They help prevent free radical formation inside the body, preventing or delaying cell and tissue damage caused by free radicals.

Q. Is green tea a good source of antioxidants?

A. Green tea has more antioxidant protection than either Vitamin C or E. In 1997, Lester A. Mitscher of the University of Kansas demonstrated that at least three of green tea's catechins outperform a number of other common natural antioxidants.

Q. Is green tea better than black tea?

A. For maximum health benefits it often is. Fresh green tea leaves contain the highest polyphenol amounts. All teas - black, green and oolong are from the same plant, *Camellia sinensis*, and contain polyphenols. It's the amount of processing each undergoes that determines the variety of tea and the eventual polyphenol content.

- **Black tea** is allowed to dry slowly, essentially fermenting, which oxidizes the leaves and deactivates many of the polyphenols.
- **Oolong tea** is dried (oxidized) some, but not completely, before being steamed to stop the oxidation process.
- **Green tea** is steamed before it's dried, which deactivates the enzyme that causes oxidation and locks in a high polyphenol content-60 percent more than black tea.

Q. Does tea have caffeine?

A. Yes. Even decaffeinated tea has a very small amount of caffeine. Green tea has less caffeine than black or oolong tea. The amount of caffeine depends on how tea is brewed, how long it's brewed, and what part of the tea plant - the leaf/bud comes from and the size of the leaf when brewed. Tea bags usually have smaller leaves or pieces of leaves and result in more caffeine when brewed.

Q. Is unflavored tea healthier than flavored tea?

A. No. Flavorings simply add taste and/or sweetness to tea. They don't affect the underlying health benefits of the tea itself.

Q. Why are green tea extracts better than regular tea bags?

A. Extracts concentrate the beneficial compounds in tea, delivering more benefit per serving. One gram of dried green tea leaves contains up to 10 percent polyphenols. That gram of tea, placed in a tea bag, has polyphenols dissolution rate of 30 percent, which means that only 30 percent (less than one third) of the beneficial components fully dissolve and are available. The result: once brewed, a typical cup of green tea has just 30 to 60 milligrams of polyphenols. And 150 to 300 milligrams of polyphenols are needed for maximum health benefits, which means that a person needs to drink four to six cups of green tea every day. While people in China and other Pacific Rim countries regularly drink this much, most Americans don't or won't.

Q. What about liquids and capsules?

A. Capsules containing extracts have been the most popular dosage form for green tea polyphenols for some time. However, when solid dosage forms (capsules or tablets) are ingested, dissolution and absorption are low. And slower dissolution and absorption rates decrease the bioavailability of beneficial polyphenols and can irritate the digestive tract. Plus many extracts are just that, extracts. They contain individual components from tea, but not all components. Some researchers think that tea's benefits are the result of all components working together. Liquid dosage forms offer a much higher dissolution rate and a 400 percent faster absorption rate than solid dosage forms. One cup of Jackie Chan's XGT Energy Green Tea Extract instant green tea has 300 milligrams of polyphenols as well as all of green tea's natural healthy nutrients. One serving offers the same benefits and amount of absorbed polyphenols as taking 1,200 milligrams of green tea capsules every day.

Q. What's the Difference between Jackie Chan's XGT Energy Green Tea Extract and Others?

A. The advantages of Jackie Chan's XGT Energy Green Tea Extract proprietary Green Tea Extracts are:

- The only Green Tea Extract made from fresh (not dried) green tea leaves and using only water in the extraction process - to provide all the health benefits of green tea including polyphenols (antioxidant flavonoids), vitamins, amino acids, minerals, fibers and more.
- Patented extraction process -100% natural, no chemicals, alcohol or organic solvents used in processing or manufacturing.
- 150 mg of antioxidants (polyphenols) and 50 mg of EGCG per serving - equals 8 cups of most brewed green teas.
- Great natural fresh tea taste and color - no artificial flavors, colors or preservatives.
- 100% of the daily value of Vitamin C per serving.
- 50% less caffeine than most coffees - only 10-20 mg per serving.
- Great cold or hot, just add water.

Recipes

Great Ideas on other ways to use Jackie Chan's XGT Healthy Energy Green Tea Drink Mix
Jackie Chan's XGT Healthy Energy Green Tea Drink Mix can also be used to make many other fresh delicious drinks, cookies and breads. Your kids and family will enjoy these delicious foods while receiving the benefits of green tea.

Green Tea Smoothies & Drinks

Banana Berry Smoothie

INGREDIENTS:

1 ripe banana

¾ cup milk or soy milk

1/2 cup ripe strawberries or other berries, hulled and halved

1/4 cup yogurt (if you use vanilla-flavored yogurt, omit the vanilla extract)

1 teaspoon honey

1/2 teaspoon vanilla extract

1 packet of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Pour milk into blender and add Jackie Chan's XGT Healthy Energy Green Tea Drink Mix. Blend until tea is dissolved.
2. Add remaining ingredients and whiz all ingredients in blender. Serves 1.

Tropical Smoothie

INGREDIENTS:

2 ripe bananas, broken into several pieces

1 cup pineapple juice

1/2 cup orange juice, preferably freshly squeezed

1 cup lemon or orange low-fat yogurt or soy yogurt

2-3 packets of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Combine juices with Jackie Chan's XGT Healthy Energy Green Tea Drink Mix in food processor or blender and blend until tea is dissolved.
2. Add all remaining ingredients to the tea mixture and process until smoothly pureed. Serves 2 to 3

Mango Lassi (India Smoothie)

INGREDIENTS:

1 1/4 cups plain yogurt

1/2 teaspoon lemon juice

1/2 cup fresh mango pulp

1/3 cup cold water

4 tablespoons honey or sugar

9-10 standard-size ice cubes.

1 packet of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Blend everything but the ice cubes in the blender until the tea, and sugar or honey is dissolved.
2. Add the ice and blend until frothy!
3. Immediately pour into tall glasses and enjoy.

Cranberry FIZZ Green Tea

INGREDIENTS:

1 quart cranberry juice

1 quart orange juice

1 quart club soda

1 1/2 cups vodka, (optional)

Fresh fruit or ice ring

4 packets of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Combine juices, soda, Jackie Chan's XGT Healthy Energy Green Tea Drink Mix, and vodka, if desired, in a punch bowl.
2. Add fruit for garnish. Refrigerate.

Yield: 16 servings

VARIATION: Increase number of tea packets based on your taste preference up to 1 packet for every 8 oz of liquid. Use pineapple juice or grapefruit juice instead of cranberry.

Fresh Squeezed Lemonade Green Tea

INGREDIENTS:

4 Lemons

1 cup Raw brown sugar

3 3/4 cups Boiling water

packets of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Scrub lemons, halve, and then squeeze out the juice.
2. Place juice and pulp in a large jug or bowl with sugar and Jackie Chan's XGT Healthy Energy Green Tea Drink Mix; pour 1 1/4 cups boiling water over. Stir until sugar and tea is completely dissolved.
3. Add lemon halves and another 2 1/2 cups boiling water. Stir well, then cover and let cool.
4. Strain, squeeze out juice from lemon halves and serve with slices of lemon.

Yield: about 3 3/4 cups

Baked Goods

Green Tea Brownies

INGREDIENTS:

A little oil, for preparing the pan

2 1/8 cups (1 1/4 pounds) semisweet chocolate, broken into pieces

1 cup unsalted butter, diced (2 sticks)

3 tablespoons fresh, strong coffee

3 packets of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

3/4 cup soft brown sugar

3 eggs, beaten

3/4 cup unbleached all-purpose wheat flour

1 teaspoon baking powder

1/2 teaspoon fine sea salt

1 cup raisins, or half raisins and half walnuts

1 teaspoon pure vanilla extract

1. Preheat oven to 375F.
2. Lightly oil an 8 x 11-inch baking pan.
3. Melt chocolate and butter in a heatproof bowl over a saucepan of gently boiling water.
4. While the coffee is hot, add sugar and Jackie Chan's XGT Healthy Energy Green Tea Drink Mix to it, making sure the tea and sugar dissolve completely. When cool, beat in the eggs.
5. Combine the remaining ingredients together in a bowl. Add melted chocolate to the egg mixture and combine well. Fold in the dry ingredients.
6. Pour batter into prepared pan and bake in preheated oven for about 45 minutes, or until just firm to the touch.
7. Cut into squares and serve warm or room temperature.

Cranberry Pumpkin Green Tea Bread

INGREDIENTS:

1 cup all-purpose flour
3/4 cup cornmeal
1/2 cup whole wheat flour
1/3 cup firmly packed brown sugar
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 cup fresh or canned pumpkin puree
1/2 cup apple juice
2-3 packets of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)
1/2 cup honey
1/4 cup olive or vegetable oil or melted butter
2 eggs
3/4 cup dried cranberries
Nuts (if desired)

1. Preheat oven to 350F and grease a 9- by 5- by 3-inch loaf pan.
2. In a large bowl, combine the all-purpose flour, cornmeal, whole-wheat flour, brown sugar, baking powder, cinnamon, baking soda, nutmeg, and cloves.
3. In a separate bowl, add Jackie Chan's XGT Healthy Energy Green Tea Drink Mix and apple juice, stir until green tea is completely dissolved. Beat in pumpkin, honey, oil, and eggs. Stir gently into the flour mixture until barely moistened. The batter will be lumpy.
4. Fold in the cranberries or nuts and spoon the batter into the prepared pan.
5. Bake for 50 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool in the pan for 10 minutes. Remove the loaf and cool on a wire rack. Serves 8-12.

Marinades/Salad Dressings

Balsamic Green Tea Marinade

INGREDIENTS:

1 Cup Balsamic Vinegar
1/4 cup water
1/4 cup olive oil
1 packet Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1. Dissolve Jackie Chan's XGT Healthy Energy Green Tea Drink Mix in water, mix until completely dissolved.
2. Add vinegar and oil, shake until combined.
3. Use as marinade for meats or dressing for salads!

Frozen Treats

Green Tea Fruit Sorbet

INGREDIENTS:

1/2 cup sugar,

1/2 pint water,

1 lb. fresh fruit, strawberries, blackberries, cherries, peaches, etc.

juice of 1/2 lemon,

1 packet of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

1/2 packet of gelatin powder

In a saucepan mix together the sugar, water and Jackie Chan's XGT Healthy Energy Green Tea Drink Mix. Heat gently, stirring all the time until the sugar and tea has completely dissolved. Bring to the boil then actually lightly boil the mixture for approx 5 to 8 minutes - until you have syrup. While the syrup cools, mash or purée the strawberries and strain them to remove the seeds if using strawberries or blackberries. Melt the gelatin by mixing it with 2 tablespoons of water in a double boiler, and then stir it, the purée and the lemon juice into the syrup mixture. When cool, transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

Vanilla Green Tea Ice Cream**INGREDIENTS:**

2 egg yolks,

2 packets Instant Green Tea Beverage Mix (Original, unsweetened)

1 tablespoon sugar,

1/2 vanilla pod,

1 1/4 cups heavy cream,

1/4 cup superfine or caster sugar

1 1/4 cups milk

2 tablespoons boiling water

Add Jackie Chan's XGT Healthy Energy Green Tea Drink Mix to 2 Tbsp boiling water with the tablespoon of sugar, stir until dissolved and allow to cool. Into a saucepan put the vanilla pod and milk and gently bring to a boil and pour this over the tea. Leave to stand for 5 or 6 minutes. Beat the egg yolks with the 1/4 cup superfine sugar in a separate bowl and then strain the milk mixture into it. Transfer to a saucepan and gently heat, stirring all the time, until the mixture is thick. Allow cooling. Whip the heavy cream and fold into the cooled tea mixture. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

Sparkling Cosmopolitan Green Tea Ice**INGREDIENTS:**

1 cup boiling water

1 small pkg JELL-O Brand Cranberry Gelatin

1 cup of cold lemon lime or orange soda

1 packet of Jackie Chan's XGT Healthy Energy Green Tea Drink Mix (Original, unsweetened)

3 Tbsp freshly squeezed limejuice

1. Stir boiling water into gelatin and Jackie Chan's XGT Healthy Energy Green Tea Drink Mix in large bowl at least 2 minutes until completely dissolved. Add soda pop, lemon peel and juice; stir until well blended. Pour into 8-inch square pan; cover. Freeze 3 hours or until firm.
2. Remove mixture from freezer; let stand at room temperature 10 minutes to soften slightly, then spoon into large bowl. Beat with electric mixer on medium speed until smooth. (Or, place in a food processor container; cover and process until smooth.)
3. Spoon or scoop gelatin mixtures into 6 individual dessert dishes to serve.

Product Testimonies

From Tennessee

I am glad I found this product to use when I cannot steep a cup of hot tea. I like it hot or cold. It is easy to mix and can be made as strong as desired. The extraction process uses fresh green tea leaves and cold water – a definite plus.

From Arizona

Outstanding product! A great way to enjoy the full benefits of Green Tea from a very easy to mix tube. Mixes very well hot or cold. Tastes good too.

From Utah

This says it all. I like the original. The tubes are convenient. I carry the tubes in my purse, ask for water at a restaurant and I'm good for a healthy drink with dinner.

From Texas

If you want a green tea that has a great taste, easy to mix and just plain fabulous, this is the one. I use to get this at my favorite organic grocery store, but then found for less here so am delighted. Cheers to going green...tea that is.