



## Ingredients

### Each vegetable capsule contains:

Green tea (*Camellia sinensis*) leaf extract  
(375 mg EGCG, 450 mg catechins) . . . . . 500 mg  
Turmeric (*Curcuma longa*) root extract,  
95% curcuminoids, providing curcumin I,  
demethoxycurcumin, and bisdemethoxycurcumin . . . 100 mg  
N-Acetyl-L-cysteine. . . . . 60 mg  
Japanese knotweed (*Fallopia japonica*) root,  
50% resveratrol . . . . . 50 mg  
Tomato (*Solanum lycopersicum*) flesh extract,  
10% lycopene. . . . . 30 mg  
Marigold (*Tagetes erecta*) flower 220:1 extract . . . . . 20 mg  
*Haematococcus pluvialis* extract, 1.5% astaxanthin . . . 20 mg  
Cayenne (*Capsicum annuum*) fruit . . . . . 25 mg  
Black pepper (*Piper nigrum*) fruit extract, 95% piperine 2 mg  
**Other ingredients:** Vegetable magnesium stearate in  
a non-GMO vegetable capsule composed of vegetable  
carbohydrate gum and purified water.

NPN 80052750 · V0323-R4



## Prevent

Get all the benefits  
of green tea



Taking control of disease.

PREVENT is a composition of:

- Green tea, 75% EGCG
- Turmeric, 95% curcuminoids
- Resveratrol
- Lycopene
- Zeaxanthin
- Astaxanthin
- N-Acetylcysteine
- Cayenne
- Black pepper extract,  
95% piperine

This is an antioxidant-specific  
formula designed for disease  
prevention.



### PREVENT

Sold exclusively to finer health food stores  
[www.newrootsherbal.com/store](http://www.newrootsherbal.com/store)

- Eight pots worth of green tea protection in  
each capsule

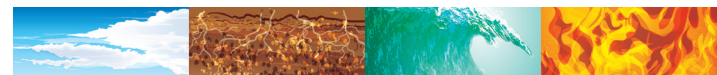


**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)

HP1145  
QR



# PREVENT and the Power of Green Tea.

The green tea in PREVENT has a special therapeutic charge of 75% EGCG: a powerhouse that helps fight disease. Green tea has been proven to be effective in preventing breast, lung, mouth, stomach and prostate diseases by preventing cells from becoming sick, inhibiting growth of damaged cells and attacking or inducing death in diseased cells.

An estimated 153,100 new cases of cancer occur in Canada every year. On average, 1,353 Canadians die of cancer every week.

## Weight Loss

Studies suggest that EGCG may boost metabolism and help burn fat. In a French study, resting metabolic rate increased by 4% after 90 mg of EGCG was consumed three times per day.

Scientists at the University of Chicago's Tang Center for Herbal Medicine Research have found that EGCG caused rats to lose up to 21 percent of their body weight. Rats injected with EGCG derived from green tea leaves lost their appetites and consumed up to 60 percent less food after seven days of daily injections.

EGCG seems to desensitize leptin receptors (leptin may play a role in appetite) in the study of animals. Most green tea products on the market reach a maximum of 55% EGCG. New Roots Herbal's green tea extract contains the highest quantity of EGCG available in supplement form. Each 500 mg capsule contains 75% EGCG.

## What makes PREVENT great:

### Green Tea 75% EGCG

The EGCG found in green tea has incredible special properties when it comes to keeping you healthy. It's been proven to be powerful in treating a wide range of conditions. The polyphenols in green tea are catechin, epicatechin, epicatechin gallate, epigallocatechin gallate, and proanthocyanidins. Epigallocatechin gallate (EGCG) is viewed as the most significant active component.

The leaf bud and first leaves are richest in epigallocatechin gallate. Green tea polyphenols are potent antioxidant compounds that have been shown to have a 100 times greater antioxidant protection than

vitamin C and 25 times better than vitamin E at protecting cells and their genetic material, DNA, from damage believed to be linked to disease. EGCG carries twice the antioxidant punch of resveratrol found in red wine. In addition to exerting antioxidant activity on its own, green tea may increase the activity of antioxidant enzymes.

### Curcumin 95%

Antioxidant, anti-inflammatory, and anticarcinogenic properties of turmeric and curcumin are undergoing intense research. Tests in Germany, reported in July 2003, found that "All fractions of the turmeric extract preparation exhibited pronounced antioxidant activity..." Turmeric extract tested more potent than garlic, devil's claw, and salmon oil.

Another study indicates that curcumin slows the development and growth of a number of types of disease cells. Researchers now define curcumin as a broad-spectrum anticancer agent, whereas its detoxifying enzymes indicate its potential value as a protective agent against chemical carcinogenesis and other forms of electrophilic toxicity. The significance can be implicated in relation to the preventive effects of curcumin against the induction of tumors in various target organs. A recent study states that curcumin may inhibit some chemotherapy drugs for breast cancer.

### N-Acetylcysteine

N-Acetylcysteine supports glutathione to interact with the toxic byproducts promoting their excretion through the liver. These substances include carbon tetrachloride, chloroform, and carbon monoxide; alcohol; such heavy metals as mercury, chromium, and boron; and the microorganisms aflatoxin and *Escherichia coli*.

By helping to rid the body of environmental toxins and by fighting free radicals, NAC may play a role in preventing disease. NAC might also slow the growth of diseased tissues in these ways. Clinical trials are underway to explore this possibility. Interestingly, one study did find that NAC reduced nausea and vomiting caused by chemotherapy.

### Resveratrol 50%

Resveratrol is a type of antioxidant polyphenol called a phytoalexin: a class of compounds produced as part of a plant's defense system against disease. It is produced in the plant in response to an invading fungus, stress, injury, infection or ultraviolet irradiation.

Red wine contains high levels of resveratrol, as do grapes, raspberries, peanuts and other plants. Resveratrol has been shown to reduce tumor incidence in animals by affecting one or more stages of disease development. It has been shown to inhibit growth of many types of disease cells in culture. Evidence also exists that it can reduce inflammation. It also reduces activation of NF- $\kappa$ B, a protein produced by the body's immune system when it is under attack. This protein affects disease cell growth and metastasis.

### Lycopene 10%

A study released during the American Association for Cancer Research's (AACR) annual meeting reveals lycopene from tomatoes may activate special disease-preventive enzymes called "phase II" detoxification enzymes. These effectively remove harmful carcinogens from cells and from the body. The research suggests consumption of carotenoid-rich lycopene may exert their disease-preventive effect by stimulating the body's "antioxidant response element."

### Cayenne 40,000 heat units

Cayenne contains capsaicin, the active ingredient with several beneficial properties that include the prevention of the release of a neurotransmitter that sends pain signals to the brain. Research at the Loma Linda University Cancer Center has also shown a connection between lower rates of lung disease and the consumption of cayenne peppers.

### Zeaxanthin 20%

Zeaxanthin is an antioxidant that destroys harmful free radicals generated by exposure to light, which initiates oxidative damage in the eyes and skin. These xanthophylls provide protection against free radicals that can damage cells and DNA, and thus cause disease. Zeaxanthin may also improve the cytotoxic action of anticancer chemotherapy drugs.

### Astaxanthin 1.5%

Astaxanthin kills free radicals in your body, staving off age-related diseases like macular degeneration, by preventing these unstable molecules from damaging your cells. Astaxanthin also boosts the functioning of your immune system by increasing the number and activity of T cells and macrophages, two kinds of protective cells that fight infection and disease.

### Black Pepper Extract 95% Piperine

Piperine is the active ingredient in black pepper known for its ability to increase absorption sites within the intestines. The alkaloid piperine promotes the bioavailability of the nutrients in **Prevent** by a mechanism believed to increase the length of the villi (the primary absorption site within the small intestine).

### Directions of Use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. Take with a meal containing oil/fat. Consult a health-care practitioner for use beyond 6 weeks.