

GREEN TEA EXTRACT

Information for PATIENTS



Efficacy

Green Tea contains epigallocatechin-3-gallate (EGCG).

In a small study that included 25 patients¹ with wild type transthyretin EGCG for 12 months about 80% had a slight decrease by 5% in the thickening of their hearts on their cardiac MRI scans. However other patient's hearts continued to increase in thickness with amyloidosis.

Side effects

EGCG may cause insomnia. EGCG may also cause liver damage². We suggest monitoring blood tests every 3 months to check for any liver dysfunction whilst on green tea tablets.

Dosing

It is important to know the amount of EGCG (the active component of green tea) and take between 450 to 600mg in total per day.

There are many different brands of green tea extract (or EGCG) available and we suggest Teavigo (150mg tablets), Fusion (187mg tablets) and Biovea (350mg tablets). These are over the counter therapies and can be found on the internet.

It is best to take between 450mg to 600mg in total dose per day and not to exceed the studied amount of 600mg/day as the potential for liver damage is higher as the dose increases.

We suggest splitting the total dose by taking half in the morning and half at midday on an empty stomach. This dosing schedule is suggested as some patients experience insomnia when taking 600mg all in one go or if a dose is taken in the evening. Efficacy may decrease if taken with food.

References

1. aus dem Siepen F, Green tea extract as a treatment for patients with wild-type transthyretin amyloidosis: an observational study. *Drug Design, Development and Therapy* 2015;9 6319-6325
2. Doatal AM et al, The safety of green tea extract supplementation in postmenopausal women at risk for breast cancer: results of the Minnesota Green Tea Trial. *Food Chem Toxicol.* 2015 Sep; 83: 26-35