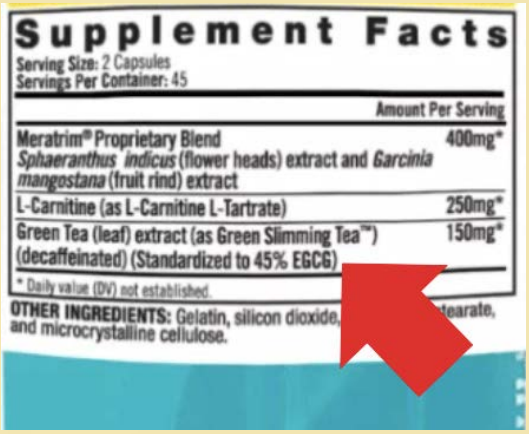
Green Tea Extract Is a Liver Toxin

What You Need to Know About Green Tea Extract

NOTE: Supplements with green tea extract will have a "Supplement Facts" label on the package, and will be covered by AB-1341.



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

	Amount Per Serving
Meratrim® Proprietary Blend *Sphaeranthus indicus* (flower heads) extract and *Garcinia mangostana* (fruit rind) extract	400mg*
L-Carnitine (as L-Carnitine L-Tartrate)	250mg*
Green Tea (leaf) extract (as Green Slimming Tea™) (decaffeinated) (Standardized to 45% EGCG)	150mg*

* Daily value (DV) not established.

OTHER INGREDIENTS: Gelatin, silicon dioxide, [illegible] stearate, and microcrystalline cellulose.

Green tea extract (chemical name epigallocatechin-3-gallate) is a **common ingredient in diet pills and weight-loss supplements** but is **not approved for any medical use and is toxic to the liver**. Green tea extract is **not screened by the Food and Drug Administration for safety or efficacy before entering the market.**

- **Green tea extract is linked with serious liver injury:** U.S. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) warns that green tea extract has been **linked with liver damage** so severe as to **require transplant or lead to death.**[1]

- **These products worsen health inequities by gender and ethnicity:** According to the U.S. Drug Induced Liver Injury Network, the nation's preeminent liver injury medical authority, **serious liver injury caused by green tea extract disproportionately affects women and the Latine community**. Among individuals suffering serious liver injury caused by green tea extract, **74% are women and 36% are Latine.**[2]

Teen's Tragic Liver Injury Caused by Green Tea Extract

When just **17 years old,** Christopher Herrera was hospitalized in Texas with **severe liver damage after using a concentrated green tea extract – a known liver toxin – purchased at a nutrition store for weight loss.** Doctors recalled his chest, face, and eyes were "almost highlighter yellow" and the **damage was so severe** that Christopher was put on the waiting list for a **liver transplant**. Though Christopher survived this **near-fatal poisoning by a green tea extract**, he suffers **long-term damage to his health and physical impairment.**[3]

NOTE: Ordinary green tea (not the extract) is sold as food and will have a "Nutrition Facts" label on the package, therefore is not impacted by AB-1341.

Nutrition Facts
Valor Nutricional

Serving size: 1 tea bag (2g). Makes 8 fl.oz.
Servings per container: 20.
Tamaño de la porción: 1 bolsita (2g). Hace 1 taza.
Porciones por envase: 20 bolsitas.

Amount Per Serving / Cantidad por porción:	
Calories / Calorías: 0 kcal (0 kJ)	
	% Daily Value*/ % Valor Diario*
Total Fat / Grasa Total 0 g	0%
Sodium / Sodio 0 mg	0%
Total Carb / Carbohidratos Totales 0 g	0%
Sugars / Azúcar 0 g	
Protein / Proteína / 0 g	

*Percent daily values are base on a 2000 calorie diet according to FAO/OMS. / *Porcentaje de valores diarios basados en una dieta de 2000 calorías según FAO/OMS. Not a significant source of satured fat. / No es fuente significativa de grasa saturada.

Ingredientes: Té Verde.
Ingredients: Green Tea.
Made by / Hecho por: Mondaisa S.A.
P.O. Box / Apdo. # 354-1250, Costa Rica.
Phone / Tel: (506) 2228-6671 • Fax: (506) 2228-6408
Registro Sanitario: A-8997-11
Consérvese en un lugar seco y fresco / Keep in a dry and fresh place.

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References

1. LiverTox: Clinical and Research Information on DrugInduced Liver Injury [Internet]. Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases; 2012-. Green Tea. [Updated 2020 Nov 20].
2. Hoofnagle JH, Bonkovsky HL, Phillips EJ, Li YJ, Ahmad J, Barnhart H, Durazo F, Fontana RJ, Gu J, Khan I, Kleiner DE, Koh C, Rockey DC, Seeff LB, Serrano J, Stolz A, Tillmann HL, Vuppalanchi R, Navarro VJ. Drug-Induced Liver Injury Network. HLA-B*35:01 and Green Tea-Induced Liver Injury. Hepatology. 2021;73(6):2484-2493. doi: 10.1002/hep.31538.
3. O'Connor A. Spike in Harm to Liver is Tied to Dietary Aids. New York Times. Dec. 21, 2013. URL: http://www.nytimes.com/2013/12/22/us/spike-in-harm-to-liver-is-tied-to-dietary-aids.html?_r=0; Date accessed: May 10, 2022.