With the World Health Organization estimating that by 2015, there will be more than 1.5 billion overweight consumers, the opportunities for a scientifically-substantiated weight management product are impressive.

A new study, from Peking University, the Chinese Center for Disease Control and Prevention, and Japan's Kao Corporation in the Journal of Functional Foods, demonstrates that "***green tea enriched with catechins may reduce fat levels***
".

Green tea contains between 30 and 40 per cent of water-extractable polyphenols, while black tea (green tea that has been oxidized by fermentation) contains between 3 and 10 per cent. Oolong tea is semi-fermented tea and is somewhere between green and black tea. The four primary polyphenols found in fresh tealeaves are epigallocatechin gallate, epigallocatechin, epicatechin gallate, and epicatechin.

In this present study, 118 obese Chinese were randomly assigned to receive either one serving of the enriched beverage or the control daily for 12 weeks. As results, visceral fat levels decreased by 9.5 cm2 after twelve weeks of consuming the catechin-enriched beverage, compared with a control beverage with normal levels of green tea catechins.

At the end of the intervention period the researchers noted that "*average visceral area, body weight, and body fat were reduced significantly by catechin-enriched green tea treatment but these effects were not seen in the control group*
".

What are Clinical Evidences on Polyphenols in 2012 ?... scientists, industrials, academics, professionals on polyphenols applications from all over the world in all specialties will come to answer in **Paris Polyphenols 2012 World Congress** which will be held in **Paris**, France in **June 7-8 2012**.

To learn more about Paris Polyphenols 2012, please go to our website : www.polyphenols-site.com

Source : Journal of Functional Foods

"Effects of catechin-enriched green tea beverage on visceral fat loss in adults with a high proportion of visceral fat: A double-blind, placebo-controlled, randomized trial".

By Y.Zhang, Y.Yu, X.Li, S.Meguro, et al.,

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