



DOSSIER · SUBSTANCE

Green Tea and EGCG

Green tea and green tea extract slightly lowered cholesterol, blood pressure and weight, mouth rinses reduced dental plaque; for cancer, no confirmed benefit was shown, and high-dose extracts can stress the liver.

3,724

STUDIES IN
TOTAL

421

IN HUMANS

153

OF WHICH
CONTROLLED

417

IN ANIMALS

579

IN THE LAB

Figures from the IHR study database · Last updated 2026-10-15

How to Read This Dossier

ESTABLISHED

measured in humans, with a comparison group

PLAUSIBLE

supported by mechanism, animal studies or observation

HYPOTHESIS

a likely connection that still needs to be tested

Green Tea and EGCG at a Glance

Meta-analyses found slightly lower values for total and LDL cholesterol, body weight, blood sugar and HbA1c with green tea and green tea extract ⁵⁶¹⁰¹⁷³⁷.
Mouth rinses, dental floss and chewing gum with green tea extract reduced dental plaque compared with placebo or usual care ⁹⁵¹¹⁰¹¹¹¹²¹.
For precursors of bowel and prostate cancer, controlled trials found no difference in new adenomas or cancer cases with green tea extract and green tea catechins ⁶⁵¹¹⁶.

We evaluated 265 human studies on Green Tea and EGCG, including 156 randomised controlled trials and 61 meta-analyses or systematic reviews; the controlled studies include 12,147 participants in total. As of 5 October 2026.

1. What Is Green Tea and EGCG? Occurrence, Origin and Forms

Green tea is an infusion of the leaves of the tea plant *Camellia sinensis*, which are barely oxidised after harvesting. EGCG (epigallocatechin gallate) is the most abundant catechin in green tea and belongs to the polyphenol group. Traditionally, green tea is drunk as an everyday beverage in East Asia; studies examine both the beverage and extracts made from it.

The leaves of *Camellia sinensis* provide the infusion; extracts are obtained from them and used in capsules, powders or beverages. The plant is cultivated mainly in East Asia and other subtropical regions.

For green tea, the leaf is briefly heated or steamed after harvesting and then dried, which largely prevents oxidation. For extracts, the leaves are leached with water or solvents and the result is dried; studies examine the infusion, the extract and individual catechins such as EGCG.

Forms and Preparations Studied

- Infusion of the leaves (beverage)
- Green tea extract in capsules or tablets
- Decaffeinated green tea or extract
- EGCG-enriched extract
- Ground leaf powder (for stirring in)

Not covered on this page:

- Black tea and oolong tea, in which the leaf is oxidised more strongly
- Herbal and fruit teas from other plant species
- Other catechins and polyphenols from sources other than *Camellia sinensis*

2. What Does Green Tea and EGCG Do? Results by Area

AREA	RESULT IN CONTROLLED STUDIES	STRENGTH OF EVIDENCE	STUDIES	PARTICIPANTS
Body weight and metabolism	mixed	high	18 meta-analyses · 25 controlled · 13 other	900
Heart and circulation	mostly improved	high	13 meta-analyses · 22 controlled · 12 other	1,114
Teeth and oral cavity	mostly improved	high	2 meta-analyses · 18 controlled · 1 other	716
Skin	mixed	high	1 meta-analyses · 5 controlled · 4 other	239
Cancer	mostly no difference	moderate	2 meta-analyses · 5 controlled · 13 other	1,371
Liver	mostly no difference	moderate	1 meta-analyses · 4 controlled · 5 other	1,199
Other investigations	mostly improved	high	9 meta-analyses · 72 controlled · 38 other	4,697

How to read the table: counted are human studies whose results concern the area. “High” means at least one meta-analysis and two controlled studies showing improvement, or at least three controlled studies of which three quarters show improvement, with at least 300 participants in total. “Moderate” means at least two controlled studies showing improvement, as a majority, or one meta-analysis alongside controlled studies. “Low” means one controlled study showing improvement. Where an area has no controlled study, the strength of evidence is at most “low” (result “reviews only” or “observational data only”). Everything else is “unclear”. A study counts as showing improvement when at least half of its outcomes in this area improved. Reviews of combination products do not count as meta-analyses; results that only describe side effects or shares of users do not count as an effect. The same study is counted only once.

3. What the Studies Show in Detail

Green Tea and EGCG, Body Weight and Metabolism: Human Studies

In overweight, according to meta-analyses, green tea extract slightly lowered body weight, BMI and body fat percentage⁵³⁷. Drinks with added tea catechins reduced abdominal fat, including visceral fat, compared with placebo drinks¹³⁸⁵. In girls with obesity, a decaffeinated polyphenol extract lowered body fat percentage more than placebo¹⁰⁹. In addition to exercise, according to a meta-analysis, green tea brought only little additional weight loss⁴³. One meta-analysis found no weight difference outside Japan⁵⁹. Studies from Japan showed small advantages that the authors consider hardly clinically meaningful⁵⁹. A decaffeinated catechin extract did not change weight over one year⁹¹. Meta-analyses found somewhat lower fasting blood sugar and HbA1c values with green tea, green tea extract and EGCG, but only a small effect for HbA1c¹⁷³⁸⁴⁵. Three cups of green tea daily lowered HbA1c and total cholesterol in type 2 diabetes with kidney damage compared with a group without tea¹⁰⁴. An overview of meta-analyses and a meta-analysis in metabolic syndrome, by contrast, found no difference³⁰⁴⁷.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹ Wang et al. 2025	systematic review · 30,133 participants	Dietary supplements, including green tea catechins; vs. Placebo or control in 46 randomized trials
⁵ Asbaghi et al. 2024	meta-analysis · 3,802 participants	green tea extract (GTE) as dietary supplement; vs. placebo or control
⁷ Ranneh et al. 2024	systematic review · 1,840 participants	Polyphenol dietary supplementation, including green tea extract; vs. various polyphenol supplements versus control or ea
⁸ Jayedi et al. 2024	meta-analysis · 1,710 participants	Green tea (beverage), compared with coffee, black tea, sour tea; average 10 weeks; vs. placebo, water, other beverages
¹² Zago et al. 2026	meta-analysis · 1,109 participants	Green tea / green tea extract; vs. Placebo
¹³ Hibi et al. 2018	meta-analysis · 921 participants	Green tea catechin (GTC)-containing beverages; 540-588 mg GTC per beverage; 12 weeks; vs. Placebo beverage
¹⁷ Jia et al. 2024	meta-analysis · 722 participants	Green tea (form not specified); vs. Control group
¹⁸ Wang et al. 2023	meta-analysis · 613 participants	green tea catechin supplement (extract); vs. control group (placebo) in 11 RCTs

Further studies in this area: ^{21 23 30 37 38 39 43 45 46 47 53 57 59 63 78 85 91 104 109 115 120 126 132 137 140 142 151 155 156 157 158 159 160 167 171 174 175 184 189 205 211 213 215 222 223 224 231 232}

Green Tea and EGCG, Heart and Circulation: Human Studies

Meta-analyses found somewhat lower total and LDL cholesterol with green tea and green tea catechins than in the control groups⁶¹⁰⁴⁵⁵⁷. Two types of green tea extract powder lowered LDL cholesterol more than placebo⁷⁸. For HDL cholesterol and triglycerides, the results were inconsistent⁶¹⁰¹⁸⁵⁰. Meta-analyses also found a slight lowering of blood pressure by about one to two mmHg⁹²⁹⁵⁷. In overweight, metabolic syndrome and in a one-year extract study, by contrast, no difference was shown¹⁸³⁰⁶⁷. With green tea extract, HDL cholesterol fell in two studies, in one of them in addition to brisk walking¹⁴⁵¹⁸⁴.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
² Osadnik et al. 2022	meta-analysis · 13,062 participants	Green tea extract compared with other nutraceuticals; vs. Placebo/no intervention and other nutraceuticals
³ Lagou et al. 2025	meta-analysis · 5,205 participants	Flavan-3-ol-rich foods, beverages or supplements (incl. EGCG, tea, cocoa); 586 mg total flavan-3-ols (95% CI 510, 662); chr

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁶ Xu et al. 2020	meta-analysis · 3,321 participants	Green tea consumption (preparation form not specified); vs. Green tea supplementation versus control group
⁹ Xu et al. 2020	meta-analysis · 1,697 participants	Green tea supplementation (form not specified); short-term trials; vs. Placebo
¹⁰ Kim et al. 2011	meta-analysis · 1,415 participants	Green tea catechins (GTCs); 145 to 3,000 mg/day; 3 to 24 weeks; vs. Control
¹² Zago et al. 2026	meta-analysis · 1,109 participants	Green tea / green tea extract; vs. Placebo
¹³ Hibi et al. 2018	meta-analysis · 921 participants	Green tea catechin (GTC)-containing beverages; 540-588 mg GTC per beverage; 12 weeks; vs. Placebo beverage
¹⁸ Wang et al. 2023	meta-analysis · 613 participants	green tea catechin supplement (extract); vs. control group (placebo) in 11 RCTs

Further studies in this area: [22](#) [28](#) [29](#) [30](#) [39](#) [43](#) [45](#) [50](#) [56](#) [57](#) [67](#) [78](#) [99](#) [104](#) [112](#) [126](#) [137](#) [138](#) [142](#) [145](#) [150](#) [151](#) [152](#) [154](#) [157](#) [160](#) [171](#) [177](#) [180](#) [184](#) [187](#) [189](#) [195](#) [200](#) [208](#) [215](#) [226](#) [228](#) [231](#)

Green Tea and EGCG, Teeth and Oral Cavity: Human Studies

For teeth and the oral cavity, mouth rinses, dental floss and chewing gum with green tea extract lowered dental plaque compared with placebo or usual care [95](#)[110](#)[111](#)[121](#). Compared with chlorhexidine, they performed the same or somewhat weaker [95](#)[110](#)[111](#). Gum bleeding also decreased in two controlled trials [110](#)[121](#). For gum inflammation, however, a meta-analysis saw no confirmed benefit for green tea mouth rinses [14](#). In periodontitis, gum pocket depth decreased more when EGCG solution served as a coolant during cleaning or a green tea gel was applied [14](#)[149](#)[173](#). After tooth extraction, swabs soaked with green tea extract lowered pain and painkiller use compared with saline [122](#)[135](#). In advanced head and neck cancer in palliative treatment, a green tea mouth rinse improved the oral condition, but not pain and quality of life [105](#). After periodontal surgery, a gel of green tea extract and hyaluronic acid worked as well as chlorhexidine gel and caused fewer taste disturbances and discolorations [133](#). On the palate after removal of a gum graft, a gel of green tea extract and hyaluronic acid brought no difference in wound healing and pain [191](#).

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹⁴ Heuzeroth et al. 2025	meta-analysis · 814 participants	green tea extract as mouthrinse or local delivery; vs. chlorhexidine, control group, turmeric
²⁶ Julien et al. 2026	systematic review	Green tea as a bioactive agent, among other foods; vs. Sugar-sweetened beverages and sweets as dysbiosis-promot
⁴⁴ Woelber et al. 2023	systematic review	Green tea (beverage) adjunct to non-surgical periodontal therapy; vs. Non-surgical periodontal therapy alone
⁹⁵ Sharma et al. 2023	randomised controlled · 90 participants	5% Camellia sinensis mouth rinse; 5% mouth rinse, amount not stated; 21 days; vs. 0.2% chlorhexidine and saline
¹⁰⁵ Roy et al. 2026	randomised controlled · 64 participants	green tea-based mouth rinse; thrice daily; 6 weeks; vs. usual care (control group)
¹¹⁰ Sandesh et al. 2026	randomised controlled · 60 participants	5% green tea extract-impregnated dental floss; 5% extract, twice daily; 15 days; vs. 5% chlorhexidine floss, waxed fl
¹¹¹ Lile et al. 2025	randomised controlled · 60 participants	mouthrinse with 5% green tea extract; rinsed twice daily for four weeks; 4 weeks; vs. placebo, 0.2% chlorhexidine, 1C
¹¹⁴ Deshpande et al. 2021	randomised controlled · 60 participants	Green tea mouthwash, partly with ginger; 30 days; vs. Chlorhexidine mouthwash

Further studies in this area: [121](#) [122](#) [125](#) [128](#) [129](#) [133](#) [135](#) [136](#) [149](#) [163](#) [173](#) [174](#) [191](#)

Green Tea and EGCG and Skin: Human Studies

For skin and hair, a mixed picture emerges. According to a meta-analysis, ingested green tea catechins mitigated skin redness after UV irradiation more strongly than placebo ²⁰. Green tea catechins with vitamin C showed no difference in sunburn and skin inflammation after UV irradiation in a controlled study ¹¹⁹. A second study found only protection of the connective tissue protein fibulin-5 ¹¹⁸. A mixed preparation of green tea extract, bamboo extract and selenium improved hair density in acute hair loss compared with placebo ¹⁰³. Which component acted is open. A face cream with green tea extract in chitosan microparticles improved skin elasticity and wrinkles more strongly than a placebo cream in a split-face comparison ¹³⁹. A cream of EGCG, vitamin E and grape seed procyanidins reduced the affected area in atopic dermatitis faster than the comparison cream ¹²³. The overall picture improved in both groups ¹²³.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
²⁰ Kapoor et al. 2021	meta-analysis · 100 participants	Oral green tea catechins (supplement/extract); 6 to 12 weeks; vs. Placebo
³³ Śladowska et al. 2025	systematic review	EGCG alone as saline solution or as shampoo/cream component; vs. Placebo, baseline, or active conventional treatment
³⁴ Allam et al. 2025	systematic review	Green tea among other herbal remedies; vs. Conventional treatment or control (unspecified)
¹⁰³ Lacetera et al. 2025	randomised controlled · 66 participants	Hair!InsideTM: green tea extract, bamboo extract, selenium; 84 days; vs. placebo, randomized, double-blind
¹¹⁸ Charoenchon et al. 2022	randomised controlled · 50 participants	Green tea catechins 540 mg plus vitamin C 50 mg or placebo; 540 mg GTC plus 50 mg vitamin C twice daily; 12 weeks
¹¹⁹ Farrar et al. 2015	randomised controlled · 50 participants	Encapsulated green tea extract (540 mg GTC) plus vitamin C; 1350 mg extract (540 mg GTC) + 50 mg vitamin C twice daily
¹²³ Patrizi et al. 2016	randomised controlled · 44 participants	MD2011001 cream containing vitamin E, EGCG and grape seed procyanidins; 28 days; vs. placebo cream
¹³⁹ Wisuttiprot et al. 2022	randomised controlled · 29 participants	Green tea extract encapsulated chitosan microparticles (GTP) in emulsion base; 8 weeks, monitored every 2 weeks

Further studies in this area: ²¹⁷ ²²¹

Green Tea and EGCG and Cancer: Human Studies

In cancer, the controlled studies predominantly found no difference ⁶⁵¹¹⁶. With green tea extract, new intestinal adenomas did not occur less often than with placebo ⁶⁵. In prostate cancer precursors, just as many cancer cases occurred with green tea catechins as with placebo ¹¹⁶. A gene analysis of the intestinal study saw fewer adenomas only in people without a certain transporter gene variant ⁶⁶. A meta-analysis found recurrence less often with EGCG after removal of intestinal polyps than with placebo ¹¹. A meta-analysis mainly of observational studies found no difference in prostate cancer risk between drinking a lot and a little tea ⁵⁵. Only above seven cups daily was the risk lower ⁵⁵. Two meta-analyses of small placebo studies calculated a lower cancer risk for catechin preparations in prostate cancer precursors ¹⁹⁵⁵. **Hypothesis:** In observational studies, green tea drinking was associated with less frequent ovarian and uterine cancer ⁶⁰. Such data do not show whether the tea is the cause.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹¹ He et al. 2024	meta-analysis · 1,389 participants	EGCG (green tea extract) or placebo; long-term; vs. Placebo
¹⁹ Perletti et al. 2019	meta-analysis · 223 participants	concentrated green tea catechin extracts; vs. Placebo
⁴⁹ Grammatikopoulou et al. 2020	systematic review	Green tea catechins, also in combined supplements; vs. Placebo or other intervention in RCTs
⁵⁵ Guo et al. 2017	cohort study	Green tea (beverage) or green tea catechins; Categories of green tea intake, >7 cups/day; vs. highest vs. lowest
⁶⁰ Butler et al. 2011	cohort study	Green tea (beverage) and black tea as comparator; vs. Black tea or no tea
⁶⁵ Seufferlein et al. 2022	randomised controlled · 1,001 participants	Green tea extract standardized to 150 mg EGCG; 150 mg EGCG twice daily; 3 years; vs. Placebo, double-blind
⁷⁹ Biernacka et al. 2019	randomised controlled · 133 participants	EGCG capsules 600 mg/day or green tea drink; 600 mg/day EGCG; 6 months; vs. Placebo

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁹³ Kumar et al. 2015	randomised controlled · 97 participants	Polyphenon E, decaffeinated green tea catechin mixture; 400 mg EGCG per day; 1 year; vs. Placebo

Further studies in this area: ^{97 116 194 198 202 206 209 216 229 230 231 233}

Green Tea and EGCG and Liver: Human Studies

For the liver, the picture is inconsistent: Together with brisk walking, AST decreased with green tea extract, but not with placebo ¹⁴⁵. With high-dose extract, however, ALT increased, particularly strongly with a certain gene variant ⁶⁴. A decaffeinated green tea extract confection did not change liver values compared with placebo in healthy people and people with metabolic syndrome ¹²⁶. In an open-label study, young women received EGCG alone or with clomiphene or letrozole; none showed signs of liver damage ¹³¹. **Hypothesis:** A systematic review, partly with animal studies, sees in EGCG and green tea extract a possible help for fatty liver ⁴⁶. **Hypothesis:** A systematic review on polyphenols in fatty liver reports improved liver values for green tea extract ⁷. Still open is which amount of extract burdens the liver and who, for instance because of their genes, reacts particularly sensitively.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁷ Ranneh et al. 2024	systematic review · 1,840 participants	Polyphenol dietary supplementation, including green tea extract; vs. various polyphenol supplements versus control
¹⁵ Brooks et al. 2026	systematic review · 785 participants	Polyphenol supplements incl. EGCG, curcumin, silymarin, cranberry; vs. Control groups of included trials
⁴⁶ Abunofal et al. 2022	systematic review	EGCG or green tea extract (GTE)
⁶⁴ Acosta et al. 2023	randomised controlled · 1,075 participants	High-dose green tea extract (capsules) with 843 mg EGCG/day; 843 mg EGCG/day; 12 months; vs. Placebo capsules
¹¹² Pormlikul et al. 2025	randomised controlled · 60 participants	Green tea beverage vs. placebo beverage; 6 weeks; vs. Placebo beverage, randomized double-blind
¹²⁶ Zeng et al. 2024	randomised controlled · 40 participants	Decaffeinated green tea extract confection; 890 mg total catechins per day; 4 weeks; vs. Placebo, double-blind, cross
¹⁴⁵ Zhang et al. 2020	randomised controlled · 24 participants	green tea extract (GTE) tablets; 2 tablets of 150 mg GTE daily; 12-week intervention, 4-week follow-up; vs. placebo pl
¹⁹⁹ He et al. 2025	study	Polyphenon E (Theaphenon E), green tea polyphenol extract; 400, 800, 1,200, 1,600, 2,000 mg EGCG daily; 24 weeks

Further studies in this area: ^{222 227}

Green Tea and EGCG: Further Outcomes in Studies

Green tea extract lowered CRP compared with placebo in hospitalized patients with COVID-19 and in overweight women after menopause ¹⁰¹¹⁴⁰. A meta-analysis and a one-year study with high-dose extract, however, found no difference in CRP, IL-6 and TNF-alpha ³⁶⁹⁰. Meta-analyses found a higher antioxidant capacity in the blood with green tea supplementation and mostly less malondialdehyde, a marker of oxidative stress ⁵¹⁶³⁶. In a one-year extract study, F2-isoprostanes, another marker, remained unchanged ¹⁷⁸. In painful diabetic nerve damage, green tea extract relieved pain more strongly than placebo ⁷⁵. A green tea ointment after episiotomy showed no confirmed group difference ¹¹³. Two placebo-controlled matcha studies showed only tendencies in sleep quality and mood; in the sleep EEG, no difference was found ⁸⁹¹⁷⁶. A heat-treated green tea extract improved memory more strongly than placebo in people with subjective memory problems ⁹⁸. Matcha and decaffeinated catechins improved individual attention and working memory tests ¹²⁴¹⁸⁶. In older people with cognitive decline, the main measures remained unchanged with matcha ⁸⁹. Investigated were mainly green tea extract in capsules or tablets, matcha powder ⁸⁹¹⁷⁶ and decaffeinated extract ¹²⁶¹⁸⁶. Statements on dose, preparation and duration remain open, since the studies used very different forms, amounts and comparison groups.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁴ Long et al. 2023	meta-analysis · 3,852 participants	Tea polyphenols among 14 other polyphenol sources; vs. Control without added polyphenols

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁵ Asbaghi et al. 2024	meta-analysis · 3,802 participants	green tea extract (GTE) as dietary supplement; vs. placebo or control
⁷ Ranneh et al. 2024	systematic review · 1,840 participants	Polyphenol dietary supplementation, including green tea extract; vs. various polyphenol supplements versus control or e
¹⁵ Brooks et al. 2026	systematic review · 785 participants	Polyphenol supplements incl. EGCG, curcumin, silymarin, cranberry; vs. Control groups of included trials
¹⁶ Rasaei et al. 2021	meta-analysis · 760 participants	Green tea supplementation (form not further specified in abstract); Dose in mg/day examined in meta-regression, specif
²⁴ Wójtowicz et al. 2026	systematic review	Dietary supplements, including EGCG; vs. Placebo in randomized trials
²⁵ Marsh et al. 2026	systematic review	Camellia sinensis (green tea), form not specified; vs. placebo or control in included RCTs
²⁷ Payne et al. 2025	meta-analysis	Tea, theanine alone, or theanine plus caffeine; vs. Placebo

Further studies in this area: [31](#) [32](#) [35](#) [36](#) [40](#) [41](#) [42](#) [48](#) [51](#) [52](#) [54](#) [58](#) [61](#) [62](#) [69](#) [71](#) [72](#) [73](#) [74](#) [75](#) [76](#) [80](#) [81](#) [82](#) [83](#) [84](#) [86](#) [87](#) [88](#) [89](#) [90](#) [92](#) [93](#) [94](#) [96](#) [98](#) [100](#) [101](#) [102](#) [105](#) [106](#) [107](#) [108](#) [109](#) [113](#) [116](#) [117](#) [124](#) [126](#) [127](#) [130](#) [132](#) [134](#) [137](#) [138](#) [140](#) [141](#) [143](#) [146](#) [147](#) [151](#) [153](#) [155](#) [156](#) [157](#) [162](#) [165](#) [169](#) [170](#) [171](#) [172](#) [174](#) [176](#) [177](#) [178](#) [179](#) [180](#) [181](#) [182](#) [183](#) [185](#) [186](#) [188](#) [189](#) [190](#) [192](#) [193](#) [196](#) [197](#) [198](#) [199](#) [200](#) [201](#) [202](#) [203](#) [204](#) [207](#) [208](#) [210](#) [212](#) [214](#) [215](#) [217](#) [218](#) [219](#) [220](#) [221](#) [223](#) [225](#) [231](#) [234](#)

4. How Is Green Tea and EGCG Dosed? Preparation, Dose and Duration in Studies

The infusion from the leaves, green tea extract in capsules or tablets, decaffeinated extract, EGCG-enriched extract and ground leaf powder were studied. For teeth and the oral cavity, mouth rinses, gels, chewing gum, dental floss and soaked pads were also used. Some of the studies tested combination preparations, for example with vitamin C, selenium or hyaluronic acid, or green tea together with exercise. They say nothing about the tea alone.

PREPARATION OR FORM	DOSE	DURATION	STUDY
High-dose green tea extract (capsules) with 843 mg EGCG/day	843 mg EGCG/day	12 months	⁶⁴
Green tea extract standardized to 150 mg EGCG	150 mg EGCG twice daily	3 years	⁶⁵
Green tea extract (capsules) versus placebo	—	3 years	⁶⁶
Green tea extract capsules (two each morning and evening with meals)	843 mg/day EGCG	12 months	⁶⁷
Green-MED diet with green tea (3-4 cups/day) plus Mankai shake and walnuts	3-4 cups green tea per day	18 months	⁶⁸
green-MED diet with green tea, walnuts, Mankai	+1240 mg/day polyphenols from walnuts, Mankai, green tea	18 months	⁶⁹
Green-MED diet with green tea (3-4 cups/d) and Mankai shake	3-4 cups green tea per day	18 months	⁷⁰
Green-MED diet with green tea (3-4 cups/day), Mankai and walnuts	3-4 cups green tea daily	18 months	⁷¹

PREPARATION OR FORM	DOSE	DURATION	STUDY
Beverage with catechins and xanthan gum	high: 3×57 mg catechins + 100 mg xanthan; low: 1×57 mg + 100 mg xanthan	12 weeks (December 2017 to February 2018)	72
Green tea extract capsules, 843 mg EGCG daily	843 mg EGCG daily, two capsules twice daily	12 months	73
Capsules with green tea catechins and theanine	378 mg catechins and 210 mg theanine per day	5 months	74
Green tea extract (GTE)	—	16 weeks	75
Green tea extract capsules with 843.0 mg EGCG or placebo	843.0 mg EGCG daily	12 months	76
oral L-theanine (green tea amino acid)	—	single dose, measured 60 minutes before and after	77
Yabukita or Benifuuki green tea extract powder in capsules	1.8 g/day	12 weeks	78

5. Is Green Tea and EGCG Safe? Side Effects in Studies

In a large placebo-controlled trial, green tea extract was well tolerated, with no substantial differences in adverse events [65](#). However, high-dose green tea extract can stress the liver. In a large trial, liver values (ALT) rose with it, and markedly more so with a particular gene variant [64](#). A meta-analysis advises caution with concentrated extracts and, if necessary, monitoring of liver values [12](#). In a small open-label trial with EGCG, no woman showed signs of liver damage [131](#). In small trials, green tea and green tea extract led to lower blood levels of nadolol, lisinopril, atorvastatin, rosuvastatin, fexofenadine and nintedanib [144148161164166168](#).

STUDY	REPORTED SIDE EFFECTS
3 Lagou et al. 2025	minor and low (0.4%)
4 Long et al. 2023	Adding polyphenols did not increase adverse events
12 Zago et al. 2026	Caution with high-dose extracts, monitor hepatic function
15 Brooks et al. 2026	Intervention adverse events generally mild
16 Rasaei et al. 2021	not reported
23 Andrés et al. 2026	Most interventions were well tolerated at the nutritional doses tested
31 Ufomadu et al. 2025	Adverse skin reactions reported
32 Liang et al. 2025	SAEs rare but reported for Camellia sinensis
33 Śladowska et al. 2025	Generally well tolerated, no serious treatment-related adverse events
36 Dehzad et al. 2025	not reported
47 Willcox et al. 2021	no serious adverse effects reported
51 Marx et al. 2020	Adverse events reported for green tea and inosine; caution advised

6. What Remains Open: Limits of the Evidence

- The controlled trials are mostly small and short, so long-term effects remain open.
- Caffeine content and optimal preparation were rarely compared systematically.
- Many findings come from combination preparations and cannot be attributed to green tea or EGCG alone.
- For cancer and the liver, it is unclear which form and amount of EGCG has a favorable or unfavorable effect.
- Interactions with medicines have been studied only for individual active substances.

7. Bottom Line: What Is Established About Green Tea and EGCG

Green tea and its catechins, especially EGCG, have been studied extensively in controlled trials in humans. The clearest are small reductions in total and LDL cholesterol, blood pressure and body weight in meta-analyses ⁵⁶⁹¹⁰. Mouth rinses, dental floss and chewing gum with green tea extract reduced dental plaque and gum bleeding ⁹⁵¹¹⁰¹¹¹¹²¹.

For cancer, the controlled trials mostly found no difference ⁶⁵¹¹⁶. The studies are mostly small and short and use very different forms and amounts. Combination preparations do not allow any statement about the tea alone. Interactions with medicines and possible liver stress with high-dose extracts should be noted ¹²⁶⁴¹⁶⁴¹⁶⁸.

Frequently Asked Questions

How well has Green Tea and EGCG been studied in humans?

We evaluated 265 human studies on Green Tea and EGCG, including 156 randomised controlled trials and 61 meta-analyses or systematic reviews; the controlled studies include 12,147 participants in total. As of 5 October 2026.

Does Green Tea and EGCG help with body weight and metabolism? What the studies show

We evaluated 18 meta-analyses or systematic reviews, 25 controlled studies and 13 further studies; the controlled studies include 900 participants in total. Result of the controlled studies: mixed. Strength of evidence under our published rules: high. Sources: ¹⁵⁷⁸

Does Green Tea and EGCG help with heart and circulation? What the studies show

We evaluated 13 meta-analyses or systematic reviews, 22 controlled studies and 12 further studies; the controlled studies include 1,114 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: high. Sources: ²³⁶⁹

Does Green Tea and EGCG help with teeth and oral cavity? What the studies show

We evaluated 2 meta-analyses or systematic reviews, 18 controlled studies and one further study; the controlled studies include 716 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: high. Sources: ¹⁴²⁶⁴⁴⁹⁵

Does Green Tea and EGCG help with skin? What the studies show

We evaluated one meta-analysis or systematic review, 5 controlled studies and 4 further studies; the controlled studies include 239 participants in total. Result of the controlled studies: mixed. Strength of evidence under our published rules: high. Sources: ²⁰³³³⁴¹⁰³

Does Green Tea and EGCG help with cancer? What the studies show

We evaluated 2 meta-analyses or systematic reviews, 5 controlled studies and 13 further studies; the controlled studies include 1,371 participants in total. Result of the controlled studies: mostly no difference. Strength of evidence under our published rules: moderate. Sources: ¹¹¹⁹⁴⁹⁵⁵

Does Green Tea and EGCG help with liver? What the studies show

We evaluated one meta-analysis or systematic review, 4 controlled studies and 5 further studies; the controlled studies include 1,199 participants in total. Result of the controlled studies: mostly no difference. Strength of evidence under our published rules: moderate. Sources: ⁷¹⁵⁴⁶⁶⁴

Does green tea help with weight loss?

Meta-analyses found only a slight decrease in body weight, BMI and body fat percentage with green tea extract ⁵³⁷; drinks with added catechins reduced abdominal fat ¹³⁸⁵. One meta-analysis found no weight difference outside Japan, and a decaffeinated catechin extract did not change weight over one year ⁵⁹⁹¹.

Does green tea lower blood sugar?

Meta-analyses found slightly lower fasting blood sugar and HbA1c values with green tea, green tea extract or EGCG ¹⁷³⁸⁴⁵. An overview of meta-analyses and a meta-analysis in metabolic syndrome, by contrast, found no difference ³⁰⁴⁷. The findings come predominantly from short to medium-term studies.

Does green tea help against caries and gum inflammation?

Mouth rinses, dental floss and chewing gum with green tea extract reduced dental plaque and gum bleeding ¹¹⁰¹²¹; in periodontitis, locally applied green tea extract or EGCG reduced gum pocket depth ¹⁴¹⁴⁹¹⁷³.

Can green tea prevent cancer?

For cancer, the controlled trials mostly found no difference ⁶⁵¹¹⁶. With green tea extract, new bowel adenomas did not occur less often than with placebo ⁶⁵. For prostate cancer precursors, with green tea catechins as many cancer cases occurred as with placebo ¹¹⁶. One meta-analysis found less frequent recurrence with EGCG after removal of bowel polyps ¹¹; in hereditary polyposis, green tea extract showed only a non-confirmed trend ⁹⁷. Whether drink or extract and which amount of EGCG has an effect remains open.

Is green tea extract safe?

In the controlled trials, green tea extract was mostly well tolerated ⁶⁵⁹¹. However, high-dose extracts can increase liver values ⁶⁴; a meta-analysis advises caution here and monitoring of liver values ¹². Green tea and extract can also reduce the absorption of medicines such as nadolol and lisinopril ¹⁶⁴¹⁶⁸.

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