

## Green Tea Tablets Help Us Live The Healthier Way

**Melbourne, Victoria, Australia - 26 November 2011** – Green Tea Tablets, a rising new company in providing the latest information on green tea, green tea tablets and fat burning supplements, released today a special report on the health benefits of green tea tablets. This short paper is in e-book format and is available for free to inform people on the secret to green tea tablet's health benefits.

A human being's health and wellness has always been dependent on his or her lifestyle. What do you think of when you consider your overall health and wellness? Foods that you should focus on are vegetables, fruits, and fish. Your body also needs vitamins and minerals. Always make sure to drink loads of water. You can even toss a daily herbal supplement in the mix.

Green tea tablets, a natural herbal supplement, have been providing the required health benefits for our bodies. They contain *epigallocatechin gallate* (EGCG), a known powerful antioxidant which not only inhibits the growth of cancer cells, but also kills them without harming healthy tissues. They are also effective in reducing cholesterol levels, lowering cardiovascular diseases, and lessen the occurrence of impaired immune functions. Green tea tablets can even help in preventing tooth decay.

Lily Brown, a businesswoman and mother, says, *"Having the need to juggle my business and my motherly duties, green tea tablets really help in boosting my system. Aside from the balanced meals that I have, this supplement contribute to my body's wellness,"* and Oliver Johnson, a health instructor from Melbourne, reckons *"I highly recommend this special issue not just to my students, but to everyone. It's about time that we reflect on our health's condition. Our health is an important component in our day to day activities so we must always take care of it."*

Through this special issue, [Green Tea Tablets](#) remind us on being healthy the natural way. It contains a brief introduction to green tea, the miracles of green tea, and how green tea tablets help us stay healthy.

Health is wealth. Let us all live long and live well. To get a free copy of this issue, please visit <http://greenteatablets.org/>.