

RESEARCH MONOGRAPH . COMPOUND PROFILE

# EGCG (Epigallocatechin Gallate)

*The principal catechin polyphenol of green tea with broad antioxidant and anti-inflammatory activity.*

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## ABSTRACT

EGCG (epigallocatechin-3-gallate; CAS 989-51-5; molecular formula C<sub>22</sub>H<sub>18</sub>O<sub>11</sub>; molecular weight 458.37) is the principal catechin polyphenol of green tea, accounting for 50 to 80 percent of total catechin content in unfermented tea. The compound has broad pharmacological activity: direct antioxidant, anti-inflammatory through NF-κB inhibition, modulation of multiple cancer-related pathways, and modest cardiovascular and metabolic effects. Bioavailability is poor; plasma EGCG concentrations after oral administration are low. Doses for cognitive and metabolic applications are typically 200 to 800 mg per day. Hepatotoxicity has been reported with concentrated EGCG products at high doses (typically over 800 mg/day on an empty stomach), prompting EFSA dosing limits.

# 1. Compound Identification

EGCG (Epigallocatechin Gallate) is described as tea catechin polyphenol. The principal catechin polyphenol of green tea with broad antioxidant and anti-inflammatory activity.

## 1.1 Class summary

Tea catechin polyphenol

## 1.2 Subtitle

The principal catechin polyphenol of green tea with broad antioxidant and anti-inflammatory activity.

## 2. Abstract

EGCG (epigallocatechin-3-gallate; CAS 989-51-5; molecular formula C<sub>22</sub>H<sub>18</sub>O<sub>11</sub>; molecular weight 458.37) is the principal catechin polyphenol of green tea, accounting for 50 to 80 percent of total catechin content in unfermented tea. The compound has broad pharmacological activity: direct antioxidant, anti-inflammatory through NF-κB inhibition, modulation of multiple cancer-related pathways, and modest cardiovascular and metabolic effects. Bioavailability is poor; plasma EGCG concentrations after oral administration are low. Doses for cognitive and metabolic applications are typically 200 to 800 mg per day. Hepatotoxicity has been reported with concentrated EGCG products at high doses (typically over 800 mg/day on an empty stomach), prompting EFSA dosing limits.

### 3. Mechanism of Action

Direct antioxidant; NF-kB inhibition; multiple cancer-related pathway effects.

The mechanistic profile described above represents the consensus position from peer-reviewed literature where available; for compounds with sparse formal characterization, this section reflects vendor-grade reports and structurally-related class pharmacology and should be interpreted with appropriate caution.

## 4. Pharmacokinetics and Routes of Administration

Pharmacokinetic data are summarized within the abstract for compounds with formal Phase 1 records. Compounds without published human pharmacokinetic studies are noted as such; investigators should treat the absence of data as a research limitation.

## 5. Reported Research Dose Ranges

200 to 800 mg per day.

Doses are scaled from clinical use where the compound is approved as a medicine, from Phase 2/3 trials where development advanced, or from rodent dose-response data scaled by allometric assumptions where the compound has no human clinical record. Investigators should treat dose ranges from research-chemical-grade vendors as starting points for their own pharmacokinetic and tolerability characterization rather than validated dosing recommendations.

## 6. Sourcing and Quality Verification

Investigators should obtain analytical confirmation of identity (mass spectrometry; for peptides, additionally amino acid analysis or N-terminal sequencing) and purity (HPLC area-percent, ideally greater than 95 percent) on every lot. Vendor certificates of analysis vary in quality; third-party analytical confirmation through independent laboratories (e.g., Janoshik Analytical, Anabolic Lab) is the gold standard for research-grade peptides and small molecules.

For compounds with established pharmaceutical-grade marketing in any jurisdiction, sourcing from the marketed product (where legal and accessible) provides the highest quality assurance.

## 7. Reconstitution and Handling

Peptides should be reconstituted in bacteriostatic water or sterile water for injection in the volume appropriate to the desired concentration; lyophilized peptides should be allowed to come to room temperature before reconstitution to minimize precipitation. Reconstituted peptides should be stored refrigerated and used within the timeframe specified by the manufacturer (typically 14 to 30 days for bacteriostatic water reconstitutions, shorter for sterile water).

Small molecules: storage conditions vary by compound; consult the certificate of analysis for the specific product. Most are stable at room temperature in dry, dark conditions; oxidation-sensitive compounds (e.g., catecholamine precursors) require cool storage and protection from light.

## 8. Stack Interaction Considerations

Investigators combining this compound with other research substances should consider receptor-level interactions (additive effects at shared targets), enzyme-level interactions (CYP-mediated drug-drug interactions where applicable), and pharmacodynamic interactions (additive sedation, additive serotonergic activity, additive hemodynamic effects).

The stack interaction section in published monographs of well-characterized compounds is necessarily incomplete for any specific combination; investigators should treat novel combinations with elevated caution and titrate gradually.

## 9. References

1. Mereles D, Hunstein W. Epigallocatechin-3-gallate (EGCG) for clinical trials: more pitfalls than promises? Int J Mol Sci 2011.

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