

# Green Tea Compounds Prevent Prostate Cancer

## Clinical trial finds them 90% effective in men with precancerous lesions

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A clinical trial has found green tea compounds 90% effective at preventing prostate cancer in men with precancerous lesions.

After one year of oral administration of [green tea catechins](#) (GTCs), just one man in a group of 32 at high-risk of [prostate cancer](#) developed the disease compared to nine out of 30 in a control group.

"Numerous earlier studies, including ours, have demonstrated that green tea catechins, or pure EGCG (a major component of GTCs), inhibited cancer cell growth in laboratory models," says researcher Saverio Bettuzzi of the School of Medicine at the [University of Parma](#) in Italy. "We wanted to conduct a clinical trial to find out whether catechins could prevent cancer in men. The answer clearly is yes."

### Daily dose

Bettuzzi and colleagues recruited men with high-grade prostatic intraepithelial neoplasia, premalignant lesions that precede invasive prostate cancer by one year in nearly a third of cases.

Participants were between 45 and 75. To eliminate confounding variables, vegetarians and men already taking green tea, derived products or antioxidants were among those excluded.

Of 62 men in total, 32 received three tablets per day containing 200 mg of GTCs each. The rest of the participants received a placebo.

Follow-up biopsies at six months and one year revealed just one case of prostate cancer in men on 600 mg daily doses of GTCs while nine were found in the untreated group.



Credit: Andrzej Burak

**Beneficial beverage:** Men at high risk of prostate cancer are protected against the disease by compounds in green tea, according to a new study

The 600 mg-per-day dosage is one to two times the amount of green tea consumed by people each day in China, where ten to 20 cups per day per person is normal.

Follow-up will continue for five years, and Bettuzzi says that a larger study is needed to confirm the results.

The research was reported in Anaheim, California at the [annual meeting](#) of the [American Association for Cancer Research](#).