



SidTea+™

The Power-packed Greek Mountain Tea Extract

General Information

- **Premium extract:** SidTea+™ is a dry extract derived from the Greek Mountain Tea plant.
- **Potent Bioactives:** SidTea+™ contains a wealth of bioactive compounds, including flavonoids (apigenin), phenolic acids, phenylethanoid glycosides (verbascoside), terpenoids (iridoids and kauranes), and essential oils.
- **Biological Activity:** SidTea+™ delivers powerful antioxidative effects by neutralizing reactive oxygen species (ROS) and anti-inflammatory effects by inhibiting the production of pro-inflammatory cytokines. Scientific research highlights Greek Mountain Tea's remarkable antioxidant, anti-inflammatory, gastroprotective, spasmolytic, and antimicrobial properties.
- **Eco-friendly Extraction:** SidTea+™ is extracted using an environmentally friendly subcritical water extraction and natural chromatographic enrichment process.

Key Benefits

- **General Health and Immune Support:** Recognized by the EMA (European Medicine Agency) for its efficacy in relieving coughs and mild stomach discomfort, Greek Mountain Tea is a go-to for relief of coughs and mild stomach discomfort.¹
- **Blood Pressure Management and Antioxidative Effects:** SidTea+ supplementation was shown to lower systolic blood pressure and reduce oxidative stress levels, contributing to cardiovascular health.
- **Cognitive Health and Mental Wellbeing:** Greek Mountain Tea extract was shown to improve cognitive performance, increase cerebral blood flow, and reduce anxiety.

Recommended Use, Dosage, and Safety

- **Dietary Supplements:** at a daily dosage ranging from 100 to 1500 mg that can be formulated into capsules, softgels, sachets, drinks, or tablets. It can be used alone or in combination with other (synergistic) nutraceutical ingredients.
- **Topical Applications:** up to 2% SidTea+ in the final cosmetic product.
- **Safety:** Greek Mountain Tea extract consumption is well tolerated and safe.

Specifications

Composition	80% <i>Sideritis scardica</i> (Greek Mountain tea) native extract and 20% maltodextrin
Parts used	Flowers, leaves, and stems
Appearance	Beige powder
Total phenolic content	≥50 mg GA/g
Antioxidant activity	IC50 ≤200 µg/ml (DPPH radical scavenging assay)
Other	non-GMO, vegan and vegetarian-friendly
Shelf-life	24 months unopened when stored in a cool, dry place

The extract is available in both organic and conventional variants.

For more product information, see the SidTea+™ product brochure.

Fagron goes beyond being just a supplier of ingredients; we are relentlessly consumer-centric. Our commitment to innovation is ingrained in everything we do for our partners, making us pioneers in shaping the future of personalized health. Our unwavering dedication to simplifying science expedites the journey from concept to consumer, empowering you to introduce purpose-driven nutraceutical and cosmetic solutions to the market swiftly.

When you collaborate with Fagron for personalized health solutions, you gain an inventive, purpose-driven, end-to-end partner. We draw inspiration from the most crucial health requirements of consumers to deliver your next product with a clear purpose in mind.

To learn more about Fagron, visit www.fagron.com.

1. "Assessment report on *Sideritis scardica* Griseb.; *Sideritis clandestina* (Bory & Chaub.) Hayek; *Sideritis raeseri* Boiss. & Heldr.; *Sideritis syriaca* L., herba" (2016), by the EMA Committee on Herbal Medicinal Products (HMPC).

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