Supplementary Data
Table S1
Summary of the major biological activities and mechanism of action of different parts, extracts as well as compounds obtained from green tea (*Camellia sinensis)*

Activity	Effect	Part Used/Compound/Formulation/Method of consumption or usage	References
Antioxidant & Hepatoprotective	↑ Free radical scavenging ↓ Lowered GSH ↑ Carcinogens excretion	Green tea polyphenols	(1), (2), (3), (4), (5), (6)
	↑ Phase II enzymes	Aqueous extract	(7)
	↓ Oil oxidation	Dechlorophyllized extract	(8)
	↓ Oxidative stress ↑ Physical performance	Green tea extract ice cream (Polypenol)	(9)
	↑ Salivary antioxidants	Consumption (Smokers)	(10)
	↓ Cell death	EGCG & (-)-Epigallocatechin-3-(3”-Omethyl) gallate	(11)
	↓ Free radicals produced during metabolism of xenobiotics in the liver	Consumption	(12)
	↓ Fat storage in the liver	Short-time decoction (Chronic usage)	(13)
	↓ Elevated serum ALT, AST, hepatic protein carbonyls & ROS	Leaves	(14)
	↓ Inflammation & hepatic mitochondrial DNA damage	Extract	(15), (16)
	↓ Cisplatin-induced intestinal and hepatic toxicity	Consumption	(17)

Anti-Cancer & Anti-Mutagenic	↑ NK cell activity	Flavonoids	[18]
	↑ Apoptosis & tumor suppression ↓ Sister-chromatid exchange	Polyphenols	[19], [20], [21]
	↓ Angiogenesis ↓ MMPs	Catechins	[22], [23], [24] [25], [26]
	↑ Gap junctional intercellular communication ↓ FAS activity ↓VEGF Family	EGCG & its auto-oxidation products	
	↑ cAMP	Methyl xanthines	[27]
	↑ Macrophages and NK cells activity	Polysaccharides	[28]
	↑ Metabolism & Excretion of carcinogens	Aqueous extract	[29], [30], [31], [32], [33], [34], [35], [36].
	↑ Fidelity of DNA replication ↓ TNF-α gene expression	EGCG	[37], [38], [39].
	↓ Microsomal aryl hydrocarbon hydroxylase activity Antigenotoxic activity	(+)catechin, EC, EGC, ECG & EGCG	[21].
	Late onset of cancer & ↓ RR of its incidence	Pheophytins a and b	[34].
	Chemopreventive agent	Increased consumption	[40].
	↓ O_2^- & NO production ↑ UDP-glucuronosyltransferase induction	↑ EGCG:Caffeine Catechin	[41]. [42].

	↑ Toxin metabolism	Consumption	[43].
	↑ P-glycoprotein-mediated efflux function	Catechin, EC, ECG, gallocatechin, EGC & EGCG	[44]
		EC	[45]
Skin	Anti-tumor promotion	EGCG	[46]
	↓ Tumorigenicity	Tannic acid & GTPs	[47]
	↓ Induced inflammatory Rx	Pheophytin a and b	[48]
	↓ Skin lesions & redness	Oral consumption	[49], [50]
	↓ Epidermal microsomes lipid peroxidation	EGCG>ECG>EGC>EC	[51]
	↓ Photocarcinogenesis	EGCG	[52]
	↓ Tyrosinase activity	ECG, GCG & EGCG	[53]
Forestomach	Interaction & ↓ metabolism of carcinogen ↓ Metastasis	GTPs	[53], [54], [55]
Duodenum	↓ Duodenal cancer	EGCG	[56]
Colon	↓ Promotion stage	GTPs	[57]
	↓ Incidence & number ↓ Colonic mucosa DNA damage ↓ Metachronous adenomas incidence	Extract	[58], [59], [60], [61]
	↓ LOX- & COX- dependent arachidonic acid metabolism	ECG> EGCG & EGC	[62]
	↓ Colorectal carcinoma cells		
	↓ Topoisomerase I activity		[63]

	& ↓ Intermediate & late stages	EGC & EGCG < EC EGCG	 [64], [65]
Lung	↓ Mortality	Consumption	[66].
	↓ Mean number & ↓ multiplicity of adenomas ↑ Superoxide radicals scavenging ↓Lung cancer stem cells ↑ Apoptosis	EGCG	[67], [68], [69], [70].
	↓ Penetration of cancerous cells through the basement membrane	Infusion & Catechins	[71].
	↓ Cells DNA strand breaks		
	↑ Apoptosis	GTPs	[72].
	↓ Invasion of highly metastatic cancerous cells	EGCG & EC	[73].
		ECG	[74].
Leukemia	↓ Sister-chromatid exchanges	Crude catechin	[75].
	↓ Growth factors' signaling, ↓ differentiation, ↑ proliferation & ↑ B-cell and T-cell chronic lymphocytic leukemia apoptosis	EGCG	[76], [77], [78].
	↓ Acute Myeloid Leukemia	Consumption	[79].
Breast	↓ Mortality, ↓ average sizes of tumors & ↓ post-initiation stage	Catechins	[80].
	↓ Early promotion stage	Polyphenon E (58.4% EGCG)	[81],[82].
	↓ Stages I and II recurrence rate		

	↓ Early stage recurrence	High daily consumption	[73].
	↓ PSA production	Regular consumption	[83].
	↓ Ornithine decarboxylase	Flavonoids	[84].
	↓ Cell growth & ↑ cell death	GTPs	[84].
	↓ Cell cycle progression ↓ Size & number of tumors	Extract	[85].
	↓ Human breast cancer	EGCG	[86], [87].
		Selenium-enriched GTP	[88].
Large intestine	↓ Number & size of cancers	GTPs	[3].
	↓ Iκ-B kinase complex activity	EGCG	[89].
Liver	↓ Oxygen free radical-generated cell death ↓ inhibition of gap junctional intercellular communication	Catechins	[90].
	↓ DNA damage & ↓ cell proliferation ↓ Hepatotoxicity	Crude catechin	[91].
	↓ Tumor number	Decaffeinated intake	[67].
	↓ NOS activity	Polyphenols	[92].
	↓ Hepatocellular carcinoma cells cancer growth	EGC & EGCG >EC	[63].
Ascites	↓ Doxorubicin efflux	Theanine	[93].

	↓ Tumor cells viability	EGC & Extract	[94], [95].
Prostate	↓ Cancer cell growth & ↑ Apoptosis ↑ Cancer-free cases ↓ PSA production ↓ Cell growth & ↑ Apoptosis ↓ Advanced prostate cancers risk	EGCG GTP oral infusion (6 cups/day) Flavonoids Extract & ECG > EGCG > EGC Intake	[96], [97], [98], [99]. [100]. [84]. [101]. [102].
Ovary	↓ Adriamycin efflux ↓ Risk	Theanine Consumption	[103]. [104].
Bladder	↓ Cell proliferation & viability, ↑ apoptosis & ↓ cancer cells migration & tumor growth	EGCG	[105], [106].
Brain	↓ Glioblastoma cells ↓ inflammatory processes	Catechins gallate & EGCG EGCG	[107]. [108], [109].
Kidney	↓ Growth	Intake, Extract & EGCG	[110], [111].
Cervix	↑ Apoptosis	EGCG > Polyphenol E	[112].
Head & Neck	↓ Progression	EGCG	[113].
Papillomavirus-induced neoplasia	↓Neoplasia	EGCG	[114].
Antimicrobial	↑ Bacterial membranes damage & ↑ morphological distortions of *Candida* ↓ Extracellular vero toxins	Catechins	[115], [116].

	production and release	EGCG & GCG	[117].
	↓ *Salmonella typhimurium* type III activity & invasion, ↓ ricin toxin, ↓ Brazilian strain of Zika virus entry & ↓ efflux pumps of carbapenem	EGCG	[118], [119], [120], [121].
	Antiseptic, ↓ several pathogenic bacteria activity, ↓ bacterial spores development & growth, ↓ bacteriophages	Polyphenols	[1], [122], [123].
	Bactericidal against G+ve, Bacteriostatic against G-ve, less anti-fungal, ↓ Dental caries bacteria, ↓ facultative anaerobes, ↓ obligative anaerobes	Extract	[124], [125], [126].
	↓ 1-Deoxy-D-xylulose 5-phosphate reductoisomerase activity		
	↑ Apoptotic markers	Raw extract (GCG)	[127].
	↓ Multidrug resistant bacterial strain activity		
	↓ HIV sexual transmission	Chlorogenic acid	[128].
	↓ HIV-1 Infectivity	GA & Polyphenols	[129].
		EGCG (Topical)	[130].
		Polyphenon E (EGCG drug formulation)	[131].
Anti-Schistosomiasis & Anti-Parasitic	↑ Hepatocytes improvement, ↓ cellular necrosis & ↑ total protein & glycogen levels Anti-parasitic activity	Aqueous extract	[132], [133].

Cardioprotective	↓ Risk factors for heart disease	Consumption	[134].
	↓ Coronary heart disease development	Non-fermented Beverage & Catechin-rich fractions	[135].
	↑ Vascular function	High pressure process prepared	[136].
	↓ CV risk factor	*O*-methylated catechin	[137].
	↓ Myocardial fibrotic degeneration	Catechins	[138].
	↓ CV diseases risk & ↓ Coronary atherosclerosis	Consumption (7-8 cups /day)	[139], [140], [141].
	↓ MI		
	↓ CAD risk	Consumption (>1 cup/ day)	[142].
	↓ Cardiac injury following ischemia ↑ Coronary flow velocity reserve	Highest consumption	[143], [144].
	Adjunct therapy of CV disease	High dietary intake	[145].
	↓ Doxorubicin-induced modifications in cardiomyocyte fatty acid composition	Flavonoids	[146].
	↑ Excretion & ↓ Absorption of cholesterol	Polyphenols	[147].
	↓ Superoxide anion generation & ↓ High BP	Extract	[148], [149], [150].
	↓ Doxurubicin-induced cardiotoxicity, ↓ arsenic-induced cardiotoxicity, ↓ inflammation & mortality rate		
	↓ Cardiac arrhythmia, ↑ fasting plasma insulin, ↑ insulin resistance		[151], [152], [153].

	↓ LDL oxidation ↓ Biosynthesis ↓ LDL lipid peroxidation ↓ Biogenesis ↓ Free radicals-induced LDL peroxidation ↑ α-tocopherol regeneration ↓ Endothelial cell-induced LDL oxidation ↑ LDL resistance to *in vivo* oxidation ↓ LDL ↑ LDL oxidation lag time ↓ Serum TGs ↓ Fat storage in the liver & ↓ blood lipids and ↑ TGs fecal excretion ↓ Dyslipidemia ↓ High BP ↓ Dopa decarboxylase enzyme ↓ ROS ↓ ROS formation ↓ Thromboxane-B2	EGCG EC Consumption Processed & Unprocessed extract Polyphenols > Caffeine EGCG, GCG & ECG EC>EGCG>ECG>EGC> GA ECG, EC, EGCG, EGC & GA Catechin-rich fractions Daily consumption of 7-8 cups Daily consumption of ≥ 10 cups Flavonoids Floratheasaponins A-C (Flowers>Seeds) Short-time decoction (Chronic usage) *O*-methylated catechin Fresh leaves fermented under N2 gas & Theanine	[154],[155]. [156]. [157]. [158]. [159]. [160]. [160]. [135]. [139]. [161]. [162]. [163]. [13]. [137]. [164]

	↓ Thrombosis	EGCG & EGC	[165]. [166].
	↓ Sickle cells dehydration & ↑ Dense cells formation	Chronic infusion of EGCG in PVN	[167].
		Decaffeinated extract	[168].
		Unprocessed extracts	[157].
		Catechins & EGCG	[169].
		Extracts (↑ OHs group)	[170].
Anti-Diabetic & Anti-Obesity	↑ Glucose tolerance, ↓ elevated serum glucose level, ↓ elevtated hepatic and renal enzymes, ↓ elevated serum lipid peroxidation levels, ↑ decreased liver glycogen, ↑ GSH levels & ↓ endothelial autophage inhibition "Exercise mimetic" prosperities ↓ Body weight	GTPs	[171], [172], [173], [57].
	↓ Endothelial cell growth, ↓ diabetes complications & ↑ insulin-resistant muscle resensitization ↑ Lipolysis, ↓ FAS activity, ↑ energy expenditure & ↑ metabolic rate↓ Serum glucose elevation	EGCG	[174], [175], [176], [177], [178], [26], [179].
	↓ α-amylase activity		
	↓ pancreatic α-amylase activity		
	↑ Glucose and lipids metabolism & ↓ insulin consumption	Floratheasaponins A, B, and C	[180].
	↓ Fasting glucose in elderly	H2O-soluble polysaccharide fraction	[181].

	↓ Waist circumferences ↓ Hyperglycemia ↓ Fluid consumption, ↓ body weight & ↓ waist circumference ↓ Fat storage in the liver & ↓ glucose ↑ Fasting plasma insulin & ↓ insulin resistance ↓ Fat digestion ↑ Thermogenesis, ↑ fat oxidation & ↓ Adipogenesis ↓ Obesity ↓ Weight gain ↓ Average body weight ↑ Energy expenditure, & ↑ fat oxidation ↓ Weight gain ↓ Weight & body mass index	Catechin (Galloyl moiety) Consumption Green tea-Vit. E (Daily) Extract Short-time decoction (Chronic usage) EC Saponins EGCG & Caffeine High pressure process prepared Caffeine Catechol & TA Catechins & Caffeine Short-time decoction (Chronic usage) & EGCG Consumption (with training)	[182]. [183]. [184]. [185], [186], [187]. [13]. [155]. [188]. [189], [173]. [136]. [190]. [80]. [191]. [13]. [192].

Gastrointestinal Tract Problems Relieving	↑ Mesenteric arteries relaxation	EC	[193].
	↑ Elastin content regeneration, ↓ inflammation & ↓ abdominal aortic aneurysm	EGCG	[194].
	↓ Precancerous chronic atrophic gastritis	High consumption	[195].
	↓ Gastric mucosal lesions	Floratheasaponins A, B, and C	[180].
	↓ *Clostridium difficile* ↓ *Clostridium perfringens*	Vitamin C Polyphenols	[196].
	Faecal microbiome & endogenous metabolites modulation	Consumption	[197].
Neuroproetctive	↓ Lipid peroxidation damage	EGCG, ECG, EGC & EC	[198].
	↓ Stress-induced neural injuries ↓ Ischemic neuronal damage & ↓ Increase of nitric oxide radical concentrations in the intact hippocampus ↑ Angiogenesis ↓ TH-positive cells loss, ↓ nNOS expression, ↓ neuronal apoptosis & ↑ growth and survival of astrocytes regulation ↑ Spatial memory function in mice induced-dementia	EGCG	[199], [200], [201], [202], [203], [204], [205], [206], [207].
	↓ Ischemia/reperfusion-induced brain injury ↓ Age-related deficits, ↓ cognitive decline, ↓ stroke-induced short & long term declarative memory	Extract	[208], [209], [210], [211], [212].

	Stroke onset prevention	Consumption (3 cups/ day)	[213].
	↓ Stroke risk	Consumption (>3 cups/ day)	[140],[161].
	↓ Neurotoxicity ↑ Memory & ↑ learning ability Affecting Emotions ↑ Relaxation	L-theanine	[214], [165].
	Neuroprotective	Polyphenols	[215], [216].
	↓ Morphologic & functional changes in accelerated senile brains & ↓ β-secretase activity	Catechin	[217], [218].
	↓ Dopa decarboxylase activity	EGCG & EGC	[166].
	↓ Amyloid-β aggregates	EC	[219].
	↑ Learning ability	EGC & GA ingestion > EGCG	[220].
	Neuronal activity modulator	Polyphenols (EGCG)	[221].
	Synaptic transmission modulator	Consumption	[222].
	↓ Adrenal hypertrophy (Caffeine & EGCG)	Theanine (low caffeine), EGC & arginine	[223].
Anti-Inflammatory, Analgesic, Anti-Pyretic & Anti-Allergic	↓ Inflammatory diseases	Consumption	[224], [225].
	↓ NO production & ↓ Angiogenesis	EGCG	[226], [174].
	↓ PMNs activation	Pheophytin a and b	[48].
	Anti-pyretic & Diuretic	Consumption	[227].
	↓ Pain	Extract & Tablets	[228], [229], [230].

	↓ Histamine release ↓ Allergy ↓ Histamine & IgE production ↑ Heat-generating mechanisms	Polyphenols Leaf Saponins & Floratheasaponins Methylated EGCG Consumption	[231]. [232], [233].
Skeletomuscular System Relieving	↑ Skeletal muscles vasodilatation, ↑ muscle microvascular blood flow, ↑ myogenic differentiation & ↑ muscles mass & function recovery ↑ Osteoclasts cell death, ↓ Inflammation, ↑ Bone regeneration, ↑ osteoprotegerin synthesis & ↓ osteoclastic bone resorption ↓ NO production & lactate dehydrogenase release ↓ Bone and hyaline cartilage alteration	EGCG	[234], [235], [236], [237], [238], [239], [240].
	↓ inflammation & joint destruction	Consumption	[39]
	↓ Pain & ↑ knee joint physical function	Consumption (EGCG)	[39].
		Extract & Tablets	[229], [230].

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