



PharmaGnose

MonTéa

Greek Mountain Tea

Sideritis sp. plants are widely distributed in the Mediterranean flora. The genus *Sideritis* L. (Lamiaceae) in Greece is broadly distributed and comprises more than 15 taxa, typically referred to as Mountain Tea. The plants are used traditionally as herbal teas for treating cold, cough, fever, as well as digestive, diuretic or respiratory problems. The name '*Sideritis*' derives from the Greek word "sideros" meaning iron; in the ancient past, *Sideritis* was a generic reference for plants used to heal wounds caused by weapons made with this metal. Due to the high content of polyphenolic compounds the species have been also associated with potential antioxidant activity.

Today many pharmacological studies have revealed that *Sideritis* species have antiinflammatory, anti-ulcerogenic, digestive, antispasmodic, analgesic and antimicrobial properties. The chemical components found in *Sideritis* genus include essential oils, terpenes, flavonoids, iridoids and sterols, among others.

What is MonTéa?

MonTéa is a standardized extract of *Sideritis* spp. aerial parts. It is obtained through "green" extraction using subcritical water and adsorption resins. It is rich in phenols, such as flavonoids and phenylpropanoid glucosides which are widely known for their strong antioxidant properties.

Specifications

MonTéa contains: acteoside, martynoside and glycosides of apigenin, hypolaetin, isoscutelarein, 4'-O-methylisoscutellarein and 4'-O-methyl-hypolaetin

Total Phenolic Content:
min. 15%

Antioxidant activity (DPPH IC₅₀):
<100 µg/ml

Recommended dose

MonTéa is destined for food supplements and/or cosmetic formulations. It is a powdered extract and can be included in various types of par os (capsules, softgels, sachets, drinks, tablets) and cosmetic formulations (emulsions, gels etc.). It can be administered orally in a dose of 300-500 mg/day or topically, up to 2% in the final formulation.



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BOTANICAL PRODUCT INFORMATION

Product name & code: MonTéa

Common name of product: *Sideritis* spp. extract

General product information: *Sideritis* spp. extract
standardized to min. 15% total phenols

BOTANICAL MANUFACTURING INFORMATION

Name & address of manufacturing site: PharmaGnose S.A.,
57km Athens Lamia National Road, Inofyta, 32011, Greece

Agricultural process: *Sideritis* spp. cultivation

Recovery process: Subcritical water green extraction / natural
chromatographic enrichment

GENERAL SPECIFICATIONS

Appearance: MonTéa is a brown/green free-flowing powder

Solubility: Soluble in water, ethanol & hydroglycolic mixtures

Total polyphenols: >15% (by Folin Ciocalteu method)

Antioxidant activity: IC₅₀ = <100 µg/ml (by DPPH radical
scavenging assay)

Main identified compounds: acteoside, martynoside and
glycosides of apigenin, hypolaetin, isoscutelarein,
4'-O-methylisoscutellarein and 4'-O-methyl-hypolaetin

Origin/Obtaining method: Subcritical water green extraction /
natural chromatographic enrichment

INCI name: *Sideritis scardica*, *S. syriaca*, *S. raeseri* and/or *S.*
perfoliata extract

Contact:

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flowchart process

- (1) *Sideritis* spp.
aerial parts
subcritical water
extraction
- (2) Polyphenols
adsorption
in
resin column
- (3) Polyphenols
recovery
and
enrichment
- (4) Spray-drying
- (5) Quality
control