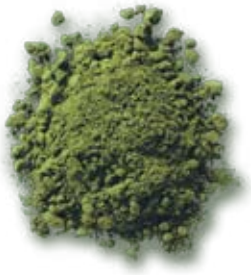


What is Matcha?



Ceremonial Cup

Known as the ‘*Powdered Green Tea*’, Matcha has traditionally been used in ‘*Chanoyu*’ - the Japanese Tea Ceremony. A cup of Matcha brings about mental concentration, emotional stability, and composure of the mind. It is said that a person operating within the rules of Chanoyu finds the five senses working at their fullest.

Health Balance

Unlike black tea and green tea whose ingredients are infused in water and discarded, Matcha is ingested to obtain many essential ingredients that can be utilized fully to activate the organic functions of human body. It is a beverage good for both the mind and the body.

Nutrient & Antioxidant Rich

Matcha contains essential vitamins and minerals and has shown long term health benefits due to its many disease fighting nutrients. It is very high in its antioxidant properties. Matcha is 9 times the beta carotene of spinach, 4 times that of carrots, and approximately 10 times the polyphenols and antioxidants of regular teas.

	Matcha (10 g)	Black Tea (10 g)	Coffee (10 g)
Caffeine	0.3 g	0.06 g	0.06 g
Polyphenol (tannin)	1.0g	0.2 g	0.25 g
Protein	3.1 g	0.2 g	0.2 g
Fiber	3.9 g	-	-
Calcium	42 mg	2 mg	2 mg
Iron	1.7 g	-	-
Potassium	270 mg	16 mg	65 mg
Vitamin A	480 ug	-	-
Vitamin B1	0.06 mg	-	-
Vitamin B2	0.14 mg	0.02 mg	0.01 mg
Vitamin C	6 mg	-	-
Carotene	2900 ug	-	-