



WHY MATCHA

MAKES YOU FEEL GOOD

MATCHA (MA-cha) is a traditional Japanese stone-ground green tea.

Unlike most loose-leaf teas, which are steeped and then discarded, the entire stone-ground matcha leaf is consumed, providing numerous health benefits. Because it is shade-grown, matcha is richer in amino acids and other healthy compounds than conventional green tea.

MATSU - to rub - CHA - tea - MATCHA

DETOXIFY



Matcha plants are shade-grown, which stimulates an increase in chlorophyll production. **Chlorophyll** has been shown to help **cleanse the liver** by attaching to toxins and heavy metals in the blood stream and removing them. Per serving, matcha contains **10 times more chlorophyll** than sun-grown loose-leaf green tea.

THE RELAXATION COMPOUND



Matcha is naturally high in **L-Theanine**, an amine acid well-known for its **calming effect** and other health benefits. Because the entire matcha leaf is consumed, each cup contains approximately **10 times more L-Theanine** than other green teas, making it the most potent way to enjoy the effects of this powerful compound.

ENERGY BOOST

A cup of matcha contains approximately **1/2** the caffeine of a cup of coffee.



BRAIN POWER



When caffeine and L-Theanine combine, their effects are synergistic. This unique combination, found only in matcha, has been shown to **improve cognition, increase concentration, and enhance long and short-term memory**. Buddhist monks have long consumed matcha to improve concentration while meditating.

NOURISH



Matcha contains high levels of various **B vitamins**, along with vitamins **A, C, E, & K**. All 3 Leaf Tea matcha is naturally **sugar-free and gluten-free**.

REGULATE BLOOD PRESSURE



The calming effect of L-Theanine **reduces spikes in blood pressure**.

FEEL CALM, NATURALLY



L-Theanine stimulates the production of GABA, a neurotransmitter that produces a naturally calming effect on the mind and body. One teaspoon of Matcha can provide a feeling of **deep relaxation** for up to **6 hours**.

ANTI-AGING



Matcha is high in **antioxidants**, which **protect cells against aging** and the **damaging effects of free-radicals in the body**. One gram of matcha contains **29 times more antioxidants** than one gram of blueberries.

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R Barnett



Quick Matcha Health Benefits 2025 For Beginners:

Whispering the Secrets of Language: An Psychological Journey through **Quick Matcha Health Benefits 2025 For Beginners**

In a digitally-driven earth where displays reign great and instant connection drowns out the subtleties of language, the profound techniques and mental nuances hidden within words often go unheard. However, situated within the pages of **Quick Matcha Health Benefits 2025 For Beginners** a captivating literary value sporting with organic feelings, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, this enchanting opus invites visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the psychological depths of this moving review, we can embark upon a heartfelt exploration of the book is key styles, dissect its fascinating publishing design, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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