

# MATCHA

## Matcha vs Brewed Green Tea

137x	<b>Antioxidants</b>	99x	<b>Carotene</b>
5x	<b>L-Theanine</b>	27x	<b>Vitamin-B2</b>
10x	<b>Vitamin-C</b>	96x	<b>Vitamin-B6</b>

**Normal  
Green Tea**

**35%**

ONLY 35% NUTRIENTS  
RELEASED IN NORMAL  
BREWED GREEN TEA.

**Matcha**

**100%**

100% NUTRIENTS  
RELEASED IN MATCHA

## TOP REASONS TO DRINK MATCHA

ENHANCE  
ENERGY



PREVENT  
CANCER



PREVENT  
HEART DISEASE

MATCHA



WEIGHT LOSS



CONCENTRATION



ANTIOXIDANTS

## OUR MATCHA



**MADE FROM SHADE-GROWN TENCHA**

**HIGH QUALITY FIRST FLUSH TEA LEAF**

**100% PURE MATCHA POWDER**



/matchamalaysia

www.matcha.my

# Top Method For Matcha Health Benefits Explained

**Sabine Zange**



## **Top Method For Matcha Health Benefits Explained:**

## **Top Method For Matcha Health Benefits Explained** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Top Method For Matcha Health Benefits Explained**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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### **Top Method For Matcha Health Benefits Explained Introduction**

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