

# 8 REASONS TO MAKE MATCHA PART OF YOUR LIFE

## Antioxidants

+137 times more than green tea  
+17 times more than blueberries  
+6 times more than gojiberries

## Metabolism

+Consuming matcha can help your body burn calories 4x faster than normal!

## Energy

+Boosts energy and sustains it throughout the day.  
+Increases focus

## Fights Cancer

+Best source of catechins which prevent cancer.  
+Can cut risk of breast cancer in half.

## Anti-Aging

+Helps reduce inflammation and oxidation to help you look and feel younger.

## Lowers

## Cholesterol

+Matcha has been proven to lower bad (LDL) cholesterol.

## Stress Relief

+L-theanine, an amino acid in matcha, helps calm your mind.

## Detox

+High concentration of chlorophyll, which helps eliminate chemicals from the body.



FullLeafTeaCompany.com 

Source: Matcha Source

# How To Use Matcha Health Benefits Step Plan

**D Kirk**



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