

What is Organic Japanese Matcha

www.TheOrchidTeaRoom.com

561-213-3990



Matcha is the oldest variety of shade grown Japanese green tea ground into a fine powder, and has been part of the Zen Buddhist culture for over 800 years. Granite ground teas contain the highest concentration of antioxidants compared to all known natural fruits and vegetables known thus far. The oxygen radical absorption capacity (ORAC) test is a scientifically controlled set of experiments developed by the US Dept of Agriculture and Tufts University to assess the antioxidant potency of foods and beverages. Results for the latest ORAC tests have shown the one gram of organic Matcha Green Tea contains 1573 ORAC units. One serving of Matcha Green Tea (1g serving) yields the following nutrients naturally..

nutrients

energy	2.76	calories	catechin antioxidants and amino acids		
protein	274	mg	epigallocatechin gallate	70	mg
carbohydrates	333	mg	epigallocatechin	39	mg
lipids	37	mg	epicatechin gallate	15	mg
dietary fiber	314	mg	epicatechin	8	mg
tea caffeine (theine)	34	mg	galocatechin gallate	1	mg
orac units	1573	umoleTE/g	catechin gallate	1	mg
			L-aspartic acid	7.55	mg
vitamins and minerals			L-glutamine acid	5.04	mg
vitamin A β – Carotene	300	ug	L-asparagine	1.89	mg
vitamin A Retinol Equiv.	25	ug	L-serine	1.57	mg
vitamin C	1.85	mg	L-glutamine	1.15	mg
vitamin E	.183	mg	L-threonine	.9	mg
calcium	3.28	mg	L-arginine	0.62	mg
potassium	20.5	mg	L-theanine	16.84	mg
iron	.13	mg	L-tyrosine	0.31	mg
sodium	.06	mg	L-valine	0.33	mg
zinc	.042	mg	y-amino butyric acid	.2	mg
			L-isoleucine	0.35	mg
			L-phenylalanine	0.5	mg
			L-leucine	0.29	mg
			L-lysine	0.86	mg

1.Nutritional Analysis of Traditional Matcha: Certificate of Analysis No.061841-1
 Ecopro Research Co. LTD.
 Nutritional Analysis of Traditional Matcha: Brunswick Laboratories