



**CogniTea Matcha**  
**Nutritional Analysis**  
per serving (2 grams)

Total Calories	2.72 Kcal/g	Total Catechins	163 mg/g
Calories from Fat	0.35 Kcal/g	Epigallocatechin Gallate	78 mg/g
Carbohydrate	354 mg/g	Epigallocatechin	54 mg/g
Sugars	27.7 mg/g	Epicatechin Gallate	15 mg/g
Total Dietary Fibers	326 mg/g	Epicatechin	11 mg/g
Water soluble fiber	60 mg/g	Gallocatechin	3 mg/g
Water insoluble fiber	266 mg/g	Gallocatechin Gallate	1 mg/g
Protein	239 mg/g	Catechin Gallate	1 mg/g
Total Fat	38.9 mg/g	Catechin	not detected
Saturated Fatty Acid	9.2 mg/g	Total Amino Acid	24.03 mg/g
Monounsaturated Fatty Acid	3.7 mg/g	L-Aspartic Acid	5.33 mg/g
Polyunsaturated Fatty Acid	26 mg/g	L-Glutamine Acid	3.88 mg/g
Trans Fatty Acid	not detected	L-Asparagine	0.63 mg/g
Tannin	103 mg/g	L-Serine	1.08 mg/g
ORAC Score	1624 units/g	L-Glutamine	0.68 mg/g
CAP-e	29 units/g	L-Threonine	not detected
Iron	0.076 mg/g	L-Arginine	2.28 mg/g
Calcium	4.09 mg/g	L-Alanine	0.6 mg/g
Zinc	0.036 mg/g	L-Theanine	100 mg/g
Potassium	15 mg/g	L-Tyrosine	not detected
Sodium	0.031 mg/g	L-Valine	0.35 mg/g
Vitamin A		L-Methionine	not detected
β-carotene	324 µg/g	γ-Amino Butyric Acid	0.16 mg/g
retinol equivalent	27 µg/g	L-Isoleucine	0.28 mg/g
Vitamin C	2.1 mg/g	L-Phenylalanine	not detected
Vitamin E	184 µg/g	L-Leucine	not detected
Caffeine	100 mg/g	L-Lysine	not detected
Cholesterol	not detected		

The nutritional values shown are based on sample testings.  
CogniTea, LLC does not guarantee these exact values with each product.