Did you Know?

What Are Green Tea Leaves Made Of?

Green tea leaves are made of 23% solid matter; the rest being water. The solid components consist of a large range of nutrients: vitamins, amino acids, minerals, polyphenols, etc. Some of them will dissolve in the brewing water, but a majority is insoluble. Have a look at our infographic, and see how those are distributed.

Drinking matcha (powdered leaves) or eating loose green tea leaves after brewing (for example as a small appetizer salad) allows your body to absorb those insoluble nutrients and enjoy all their health benefits.

YOUR BEST CHOICE FOR JAPANESE GREEN TEA

No need for any sort of cleanse or detox

All by itself, matcha is a clean, green machine. Matcha is chock-full of antioxidants that will give you all the benefits promised by fad detoxes. This keeps your skin hydrated and healthy, reduces inflammation, improves gut health, and can even help lower your cholesterol.

Build a habit with far-reaching effects

Animal-model studies have shown that moderate intake of green tea can help improve glucose and lipid metabolism, as well as uric acid. This suggests that drinking green tea can help with maintaining weight and, when it comes to building muscle, a drink of matcha before training will likely help retain muscle growth after your session.

Energy, focus, and a little treat can go a long way towards making the doldrums of winter go by smoothly.

Matcha Facts

- Keep your brain healthy: matcha contains 5x the amount of beta carotene found in carrots, and it improves cognitive impairment
- Maintain healthy blood cells: matcha has 5x the amount of folic acid (Vitamin B9) found in spinach.
- Studies show that matcha may prevent propagation of cancer cells by suppressing growth at the mitochondrial level (Aging, 2018).
- Feel a cold coming on? Matcha’s plethora of polyphenols and catechins boost the immune system and reduce cold duration.
- Anti-bacterial and anti-viral properties of matcha can help with oral health and protect your teeth from cavities.
- Boost your metabolism and burn fat: people who drink matcha were shown to have higher metabolic rates than those who don’t.
- More shading = more L-theanine = a healthy, happy brain with increased alpha wave production, positive chemical production, and strong memory function.

Did You Know?

- Enjoying a higher level of alertness and focusing with our organic Matcha MIYUKI and MATSUKO?
- There is a reason for that: the leaves of these two matcha enjoy an extra shading period, yielding higher amounts of L-Theanine inside them.

23% SOLID MATTER

77% WATER

WATER-SOLUBLE COMPONENTS

- Catechins (EGCG): Antioxidant, inhibits high blood pressure, anti-hypoglycemic effect
- Caffeine: CNS - controls nervous system, stimulates increase in respiratory rate
- Polysaccharides: inhibits hypertension
- Antioxidants promote visual function
- Vitamin B-2: (riboflavin): improves cellular processes and metabolism
- Water-soluble dietary fiber: decreases LDL cholesterol
- Minerals: increase beta production, reduce plaque formation
- Polyphenols: boosts the immune system
- Antioxidant, inhibits high blood pressure, anti-hypoglycemic effect
- CNS - Central nervous system stimulant, increases stamina

INSOLUBLE COMPONENTS

- Insoluble crude fiber (cellulose): decreases blood cholesterol
- Lignin: reduces body fat
- Chlorophyll: prevents bad breath (deodorizing effect)
- Carotenoids: improves eye health and protects against cataracts
- Vitamin E: Antioxidant, protects your cells from free radicals
- Proteins: biological regulators

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