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KOHEI

High-Grade Organic GABA Tea

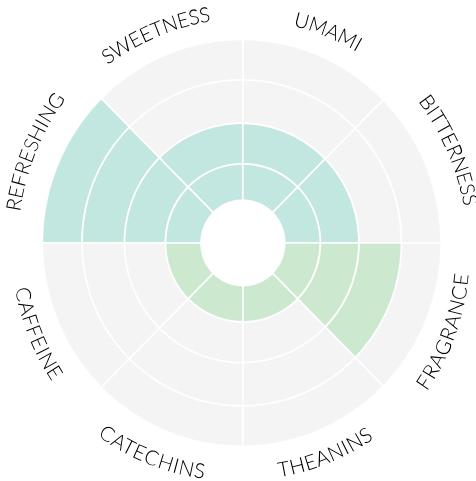
Health-oriented tea KOHEI is an organic green tea grown and processed by Takahashi san in Oita to increase its levels of GABA (gamma-aminobutyric acid), a natural component of green tea.

GABA is an inhibitory neurotransmitter also found in human bodies. Its main role is to reduce neuronal excitability. Research has shown that GABA contributes to preventing high blood pressure, helps with sleep disorders, and reduces stress and anxiety.

Thanks to the combination of GABA with other healthy nutrients specific to tea such as L-theanine and other polyphenols, GABA-rich tea has a deeper impact than regular green tea on chronic stress-induced autonomic imbalance, and related risks for cardiovascular disease.

Grown by the producer of our super popular KOJI and KOTARO tamaryokucha, KOHEI greets you with a delicious gingerbread aroma when you first open its bag. Its beautiful pale golden liquor is sweet, refreshing, easy to drink, with hints of cinnamon and citrus notes and leaves a pleasant bitterness on the tongue. Its positive impact on sleep disorders and low levels of caffeine make it a great late afternoon or early evening tea.

TASTING NOTES



Shelf life unopened

1 year



Shelf life opened

6 weeks

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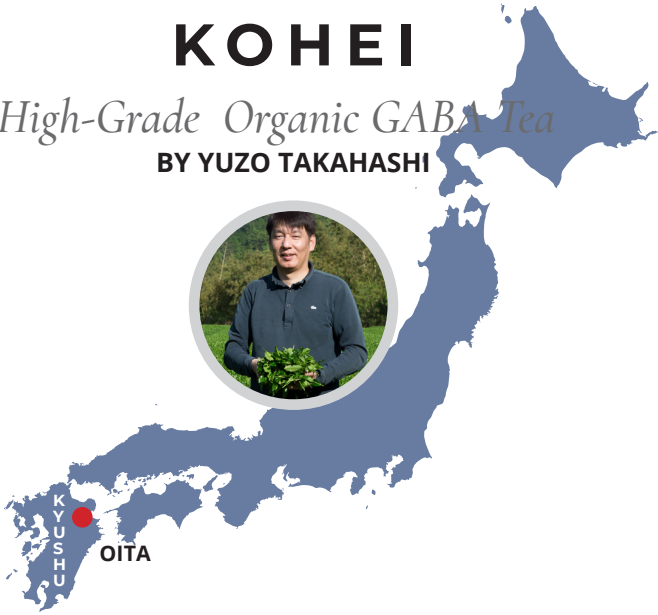


OITA
JAPAN

KOHEI

High-Grade Organic GABA Tea

BY YUZO TAKAHASHI



PRODUCTION AREA

Oita prefecture is on the eastern part of Kyushu island and faces the Inland Sea on one end, and with the large Aso caldera at its back. Tea production is done in various areas, from forest-side to mountainous zones. History of green tea production in Oita goes back to the Edo period. Japanese black tea (koucha) and pan-fried green tea are among its specialties. More recently, large-scale efforts in land reclamation in the northern part of Oita has allowed the area to increase its green tea production when foreign black tea began to take hold in Japan.

RECOMMENDED PREPARATION



For 2 cups of tea put **4g (0.14oz)** of tea leaves in a teapot (with a filter mesh)



Bring **150ml / ~5 fl oz** of filtered water to reach **70C-80C / 158-176F**



Pour water into the teapot



Let the leaves brew between **45-60s** according to taste (the longer the more bitterness will be extracted).



Pour the tea slowly into the cup(s), a little at a time, until the last drop.