

## What is KISSA Matcha?

Matcha is the oldest variety of shade grown Japanese green tea ground into a fine powder, and has been part of Zen Buddhist culture for over 800 years.

Unlike regular teas where the most nutritious tea leaves are thrown away along with the teabag, matcha green tea is mixed with water and consumed entirely. Thus, by virtue of "eating" the tealeaves rather than just drinking the water from it, one consumes 10 to 15 times the nutrients found in regular green teas.

One serving of matcha green tea (1g per serving) yields the following nutrients naturally<sup>1</sup>:

nutrients			catechin antioxidants and amino acids		
energy	2.91	calories	epigallocatechin gallate	66	mg
protein	289	mg	epigallocatechin	30	mg
carbohydrates	348	mg	epicatechin gallate	15	mg
lipids	40	mg	epicatechin	6	mg
dietary fiber	332	mg	gallocatechin gallate	1	mg
tea caffeine (theine)	34	mg	catechin gallate	1	mg
orac units	1384	umoleTE/g	L-aspartic acid	7.23	mg
			L-glutamine acid	5.59	mg
			L-asparagine	2.28	mg
			L-serine	1.25	mg
			L-glutamine	1.08	mg
			L-threonine	8.33	mg
			L-arginine	0.64	mg
			L-theanine	19.5	mg
			L-tyrosine	0.37	mg
			L-valine	0.27	mg
			γ-amino butyric acid	0.18	mg
			L-isoleucine	0.36	mg
			L-phenylalanine	0.56	mg
			L-leucine	0.32	mg
			L-lysine	0.09	mg
<b>vitamins and minerals</b>					
vitamin A β – Carotene	292	ug			
vitamin A Retinol Equiv.	24.3	ug			
vitamin C	0.6	mg			
vitamin E	0.281	mg			
calcium	3.25	mg			
potassium	21.13	mg			
iron	0.17	mg			
sodium	0.06	mg			
zinc	0.047	mg			

### In summary

- Matcha green tea contains over 10 to 15 times the overall nutrients when compared to traditional green, white, black, rooibos and yerba mate teas as well as when compared to popular fruits and vegetables

<sup>1</sup> Nutritional Analysis of Traditional Matcha: Certificate of Analysis No. 061841-1 Ecopro Research Co.Ltd.  
 Nutritional Analysis of Traditional Matcha: Brunswick Laboratories