



Matcha Tea Antioxidants

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^{*1} is a scientifically controlled set of experiments developed by the united states department of agriculture (USDA) and tufts university to assess the antioxidant potency of foods and beverages. the results of the orac test helps to standardize, quantify, and objectively compare different foods and beverages for their antioxidant potency.

Results for the latest orac tests have shown that one gram of traditional matcha green tea contains 1685 orac units. when compared to other antioxidant rich fruits and vegetables as well as other leading superfoods, traditional matcha green tea clearly stands out above the rest.

Top antioxidant foods^{*2} orac units per gram (umoleTE/g)

KISSA TEA!

KISSA Black Tea Powder	2043
KISSA Earl Grey Tea Powder	2043
KISSA Matcha	1685
KISSA Rooibos Tea Powder	799

Superfoods

gojiberries	253
dark chocolate	227
acai	160
pomegranate	105

fruits

cranberries	95
wild blueberries	93
black plums	74
blackberries	54
raspberries	50
strawberries	36
apples	43
cherries	19

vegetables

small red beans	150
artichokes	95
blackeye peas	44
broccoli	31
red cabbage	32
asparagus	31
beets	28
spinach	27

^{*1} USDA Agricultural Research Service: <http://www.ars.usda.gov/is/np/fnr/fnr499.htm>

^{*2} Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States, Journal of Agricultural Food Chemistry 2004, 52, 4026-4037