

## Blenz Matcha ~ Nutritional Information

### The oldest and healthiest known natural beverage

Matcha, otherwise known as ceremonial Japanese green tea, has been the healthiest natural beverage known to humanity since its discovery over 900 years ago. Matcha is the oldest and most premium variety of Japanese green tea. It has the highest concentration of antioxidants, chlorophyll, vitamins and minerals of all mainstream beverages in existence.

#### 1 gram of *Blenz Matcha* yields the following nutrients naturally<sup>(1)</sup>:

##### Nutrients

Energy	3.24	Calories			
Protein	306	mg	Polyphenols	100	mg
Carbohydrates	385	mg	Lipids	50	mg
Dietary Fibre	385	mg	Tea Caffeine	25	mg
ORAC Units	1384	umoleTE/g	Theophylline	6042	mg
			Total Amino Acids	272	mg

##### Vitamins

Vitamin A Beta Carotene	595	ug
Vitamin A Retinol Equiv.	99.17	ug
Vitamin B1	.06	mg
Vitamin B2	.0135	mg
Vitamin B6	.009	mg
Vitamin C	.6	mg
Vitamin E	.281	mg
Vitamin K	29	mcg

##### Minerals

Calcium	4.2	mg
Magnesium	2.3	mg
Potassium	27	mg
Phosphorus	3.5	mg
Iron	.17	mg
Sodium	.06	mg
Zinc	.063	mg
Copper	.006	mg

#### Matcha, on a gram per gram basis has approximately:

- **20** times the antioxidants of red wine, **70** times that of orange juice, **200** times that of apple juice, and **10** times the polyphenols and antioxidants of regular teas.
- Matcha has approximately **9** times the beta-carotene of Spinach.
- **Theanine:** The unique aspect of theanine is that it acts as a non-sedating relaxant to help increase the brain's production of alpha-waves (those associated with "**relaxed energy**"). This makes theanine extremely effective for combating tension, stress, and anxiety-without inducing drowsiness.

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(1) Certificate of Analysis No. 032231-1 Ecopro Research Co. Ltd.  
Standard tables of Food Composition in Japan 5th Revised Edition, Resource Council Science and Technology Agency, Government of Japan  
Nutritional Analysis of Blenz Ceremonial Matcha (AIYA) ME17916 Lot # D1805: Brunswick Laboratories