



## 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.

Historically only enjoyed by Buddhist monks and Japanese nobility in the feudal ages of the Samurai, it is now conveniently accessible on the opposite side of the ocean at Blenz Coffee.

### Nutritional Value of 3.5g of Matcha

Polyphenols and antioxidants **0.37 g**

Caffeine **0.1 g**

Protein **0.78 g**

Plant lipids **0.15 g**

Fibre **1.34 g**

Calcium **14.7 mg**

Magnesium **8.05 mg**

Iron **0.59 mg**

Zinc **0.22 mg**

Potassium **94.5 mg**

Copper **0.02 mg**

Phosphorus **12.25 mg**

Vitamin A Beta Carotene **875 ug**

Vitamin A Retinol Equivalents **147 ug**

Vitamin B6 **0.16 mg**

Vitamin C **9.52 mg**

Vitamin E **0.98 mg**

Vitamin K **101.5 ug**

Thamin **0.02 mg**

Riboflavin **0.04 mg**

Niacin **0.14 mg**

Folate **42 ug**

Pantothenic acid **0.12 mg**

Ascorbic acid **2.1 mg**

To put these numbers into perspective:

- 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 and 4 times that of carrots
- Matcha contains essential vitamins and minerals for a healthy lifestyle

Source:

Certificate of Analysis #021068-1 Japan Measurement Certificatory

Constituent Breakdown: Standard tables of Food Composition in Japan 5<sup>th</sup> Revised Edition