

Matcha (Japanese Green Tea)

Among the many benefits of Green Tea are

- reduced risk of cancer
- lower levels of cholesterol
- better ratio of good to bad cholesterol
- decreased risk of heart disease
- decrease in suffering of rheumatoid arthritis
- less infections
- better immune function
- faster metabolism
- less tooth decay
- ability to STAY AWAKE



The Japanese Super Tea; as close as we've come to immortality

Matcha is simply **ground green tea leaves**. It is an essential part of Japanese culture. Japan is infamous for its people's long lives, and the special emphasis on Matcha could well be a part of it.

Because you are actually consuming the tea leaf, you get ten times the antioxidant level of normal tea. In fact, it is many more times antioxidant dense than even blueberries or chocolate.

Oh, and if that wasn't enough, it tastes fantastic with Soy Milk, OJ, or as part of your smoothie.

EGCG: Cancer Fighter, Cholesterol Killer, Clot Clobberer

Green tea is rich in *catechin polyphenols*. Especially *EGCG*. What that means is Green Tea kills cancer cells without harming healthy tissue. This unbelievable antioxidant has also proven effective in lowering LDL cholesterol levels and stopping abnormal blood clots from forming.

That's right, **it stops the leading cause of heart disease and strokes.**

Saving Smokers

It doesn't mean you can keep smoking, but, likely because of Green Tea and foods lower in cholesterol, Japanese men suffer a low rate of heart disease, despite 75% of them being smokers. The same holds true for the French.

Smoking causes tons of health problems, so don't smoke! We are merely showing how powerful our Matcha can be as part of a healthy diet.

Better than Coffee

Green Tea contains less caffeine than coffee, but plenty enough to keep you awake. On top of that, the antioxidants will help you stay more energetic throughout the day, and even improves focus.