

The Mother of ALL GREEN TEA

800 year old, shade grown Japanese green tea, hand picked only the youngest tea plants, granite ground into fine, natural, emerald green powder called, Matcha.



Matcha Energy Boost Summary

- **1 cup** of Matcha is worth **10 cups** of regular green tea
 - Matcha contains approx **15 times** the Antioxidant (ORAC value) than wild black berry (per gram base)
- **3 to 6 hours** long lasting energy boost with L-theanine
- **139 times** Catechins (EGCG) than regular green tea
 - **100 %** natural

How to Enjoy Matcha

1. *It is recommended that Matcha is sifted using a tea strainer or a sifter to avoid clumps of Matcha from forming in the tea*
2. *Place about two bamboo tea scoops (**1/2 to 1 tsp.**) of Matcha powder in the bowl*
3. *Add **2 to 3 oz.** of pre-boiling water to the bowl (**~180F / ~80C**)*
4. *Using the bamboo whisk: whisk briskly with the motion of making the letter "**M**" or "**W**"*
5. *Depending on personal preference, add more water to adjust for desired taste*

*Remember to add more water only **AFTER** whisking*



All Aiya Matcha is produced in Nishio region, Japan, where the purest Matcha is harvested. Learn more at www.aiya-america.com