Health Benefits of Matcha

Vitamin A

Vitamin B

Vitamin C

Vitamin E

Vitamin K

Trace Minerals

Rich in Antioxidants:
polyphenols, catechins, chlorophyll.

Contains Amino Acids:
L-theanine, theophylline.

Helps enhance mood, improve memory and concentration

Aids in healthy skin

Builds strong immune systems

Improves metabolism

Helps fight dementia

Helps fight diabetes

Helps fight cancer

What Is Matcha Health Benefits Explained For Workers

R Sandford

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