

# Matcha Health Benefits



## **MENTAL FOCUS**

Enhances mental clarity & alertness through its unique combination of caffeine & L-theanine, which boosts brain function and concentration.

## **WEIGHT LOSS**

Boosts metabolism and aids in weight loss by increasing thermogenesis, which enhances the body's ability to burn fat more efficiently.

## **ANTIOXIDANTS**

Contains high levels of EGCG, which protects cells from oxidative damage and reduces the risk of chronic diseases.

## **ANTI-AGING**

Matcha's Rich in antioxidants that help improve skin health and prevent aging by protecting against UV damage and promoting skin cell rejuvenation.

## **RELAXING**

Promotes relaxation and reduces stress through the amino acid L-theanine, which enhances calmness without causing drowsiness.

# Advanced Matcha Health Benefits Ideas For Beginners

**Louise Cheadle, Nick Kilby**



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web din 7168 general dimension tolerances din 7168 is a general tolerance standard for linear and angular dimensions which could be widely used for inspection to cast iron and cast steel castings it is a very useful standard for buyers and suppliers table 1 permissible deviations for linear dimensions except for external radii and chamfer

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