

# MATCHA BENEFITS

137x more  
antioxidants  
than tea

Rich in  
compounds  
called  
catechins

Helps to  
support  
heart  
health

Consuming  
matcha  
decreases  
stress

Can provide an  
antidepressant  
effect

More natural  
caffeine than  
other green  
tea types



# Expert Matcha Health Benefits Explained For Experts

**S Ashworth**



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jun 14 2018 the ganges or ganga is the longest river in india and one of the most sacred rivers for the hindus it is also the third largest river across the globe by discharge the ganges is a 2 525 km trans boundary river of asia that rises in the western himalayas and flows through india and bangladesh

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oct 17 2023 ganges river great river of the plains of the northern indian subcontinent which from time immemorial has been the holy river of hinduism despite its importance its length of 1 560 miles 2 510 km is relatively short compared with the other great rivers of asia or the world

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a systematic classification done by uttarakhand environment protection and pollution control board s ueppcb on river waters into the categories a safe for drinking b safe for bathing c safe for agriculture and d excessive pollution put the ganges in d coliform bacteria levels in the ganges have also been tested to be at 5 500 a

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the ganges 'g æ n dʒ i: z gan jeez in india ganga 'g ʌ ŋ g ɑ: gung ah in bangladesh padma 'p ʌ d m ə pud mə is a trans boundary river of asia which flows through india and bangladesh the 2 525 km 1 569 mi river rises in the western himalayas in the indian state of uttarakhand

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distance between ganges and istanbul the distance between ganges and istanbul is 5 992 miles 9 643 kilometers however because there are no direct flights between ygg and ist the full journey covers a distance of 5 981 miles 9 625 kilometers flight time from ygg to ist flights between ganges and istanbul take 12 hours and 10 minutes

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ganges river hindi ganga river northern india and bangladesh held sacred by followers of hinduism it is formed from five headstreams rising in uttaranchal state on its 1 560 mi 2 510 km course it flows southeast through the indian states of uttar pradesh bihar

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