

# 8 REASONS TO MAKE MATCHA PART OF YOUR LIFE

## Antioxidants

- +137 times more than green tea
- +17 times more than blueberries
- +6 times more than gojiberries

## Metabolism

- +Consuming matcha can help your body burn calories 4x faster than normal!

## Energy

- +Boosts energy and sustains it throughout the day.
- +Increases focus

## Fights Cancer

- +Best source of catechins which prevent cancer.
- +Can cut risk of breast cancer in half.

## Anti-Aging

- +Helps reduce inflammation and oxidation to help you look and feel younger.

## Lowers

## Cholesterol

- +Matcha has been proven to lower bad (LDL) cholesterol.

## Stress Relief

- +L-theanine, an amino acid in matcha, helps calm your mind.

## Detox

- +High concentration of chlorophyll, which helps eliminate chemicals from the body.



FullLeafTeaCompany.com 

Source: Matcha Source

# Best Matcha Health Benefits Explained For Creators

**Lingjun Ying**



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