

# 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

Helps  
fight  
dementia

Builds  
strong  
immune  
systems

Helps  
fight  
diabetes

Improves  
metabolism

Helps  
fight  
cancer

# Best Way To Matcha Health Benefits Explained For Beginners

**RC Schank**



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