

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 For Students For Students

Ying-Ying Zheng



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lycopersicon esculentum mill tomatoes whole halved vertically and halved horizontally the tomato təmɛɪtəʊ or təmɑ:təʊ is the edible berry of the plant solanum lycopersicum 1 2 commonly known as the tomato plant the species originated in western south america mexico and central america

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use the word it is shiny and smooth it has many small seeds it is also very good for health most tomatoes are red the tomato is green when it is unripe

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1 believe it or not tomatoes aren t always red they can be yellow pink purple black and even white 2 found at walt disney world resort florida usa the largest single tomato plant in the world covers an area of 56 73 metres sq that s bigger than an olympic size swimming pool 3 it s thought that tomatoes originally came from peru 4

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tomatoes are the fruit of the tomato plant they originated in the south american andes around the area of modern day peru and was first used as a food by the aztec s in southern mexico because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable

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