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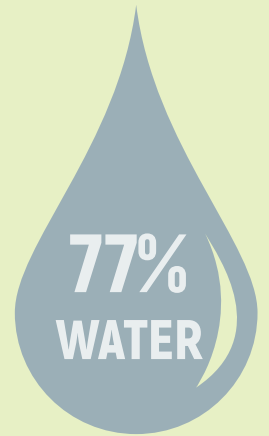
## WHAT IS GREEN TEA MADE OF ?

Green tea leaves are made of **23% solid matter**, the rest being water. The solid components consist of a large range of nutrients: vitamins, amino acids, minerals, polyphenols, etc. Some of them will dissolve in the brewing water, but a majority is insoluble. Have a look at our infographic, and see how those are distributed.

Drinking matcha (powdered green tea leaves) or **eating loose green tea leaves** after brewing (for example as a small appetizer salad) allows your body to absorb those insoluble nutrients and enjoy all their health benefits.

## HOW TO EAT GREEN TEA ?

After you have brewed your tea several times, you can use the leaves as they are and add either a pinch of sea salt, soy sauce or even better: ponzu sauce. Don't add too much, you only need a sprinkle!

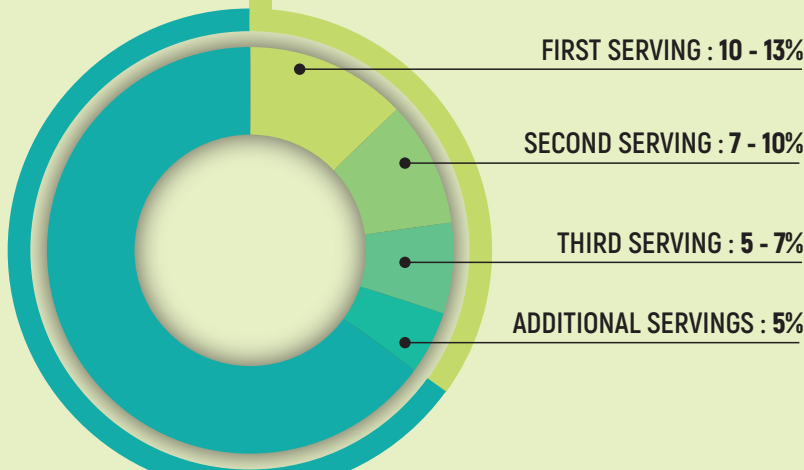


### 35% WATER-SOLUBLE COMPONENTS

<b>Catechins (EGCG)</b>	Antioxidant, inhibits high blood pressure, anti-hyperglycemic effect
<b>Caffeine</b>	CNS - Central nervous system stimulant, increases stamina
<b>Polysaccharides</b>	Inhibits hypertension
<b>Amino acids (theanine)</b>	Relaxing effect (increases α-wave production)
<b>γ-Aminobutyric acid (GABA)</b>	Vitamin C (antioxidant, antiallergic, immune system booster)
<b>Vitamin C</b>	Antioxidant, antiallergic, immune system booster
<b>Vitamin B2 (riboflavin)</b>	Improves cellular process and metabolizes energy
<b>Water-soluble dietary fibers</b>	Decreases LDL cholesterol
<b>Fluoride</b>	Prevention of tooth decay
<b>Minerals</b>	Biological regulators
<i>(Potassium, calcium, phosphorus, manganese, etc.)</i>	



### 23% SOLID MATTER



<b>Insoluble crude fibers (cellulose)</b>	Decreases blood cholesterol
<b>Lipid</b>	Reduces body fat
<b>Chlorophyll</b>	Prevents bad breath (deodorizing effect)
<b>Carotene</b>	Improves eye health and protects vision
<b>Vitamin E</b>	Antioxidant, protects your cells from free radicals
<b>Proteins</b>	

### INSOLUBLE COMPONENTS 65%

## DID YOU KNOW ?

- **70 to 80 %** of the vitamins are dissolved in the first brew!
- Sencha contains about **32 times** more vitamin E than spinach.
- Green tea is one of the best sources of **manganese**.
- Matcha contains **5 times** more beta carotene than carrots.