

**Nutritional Analysis Bio Matcha Tea Mini,
Bio Matcha Tea Harmony,
Bio Matcha Tea Charger,
Bio Matcha Tea Gourmet**



Nutrition facts	Per serving (1g)	Per 100 gramm
Total Calories	3,34 kcal	333,8 kcal
Calories from Fat	0,22 kcal	22 kcal
Carbohydrate	402 mg	40,2 g
Sugars	33,7 mg	3,37 g
Total Dietary Fibers	369 mg	36,9 g
Water soluble fiber	67 mg	6,7 g
Water insoluble fiber	302 mg	30,2 g
Proteins	194 mg	19,4 g
Total Fat	23,6 mg	2,36 g
Saturated Fatty Acid	6,4 mg	0,64 g
Monounsaturated Fatty Acid	2,4 mg	0,24 g
Polyunsaturated Fatty Acid	14,9 mg	1,49 g
Trans Fatty Acid	not detected	
Tannin	128 mg	12,8 g
ORAC Score	1968	
Iron	0,125 mg	0,0125 g
Calcium	4,34 mg	0,434 g
Zinc	0,030 mg	0,0030 g
Potassium	14,69 mg	1,469 g
Sodium	0,040mg	0,0040 g
Vitamin A		
β-carotene	160 μ g	16,0 mg
retinol equivalent	13,29 μ g	1,329 mg
Vitamin C	2,00 mg	0,2 g
Vitamin E	169 μ g	16,9 mg
Caffeine	23 mg	2,3 g
Theophylline	not detected	
Cholesterol	not detected	



Total Catechins	137 mg	13,7 g
Epigallocatechin Gallate	68 mg	6,8 g
Epigallocatechin	45 mg	4,5 g
Epicatechin Gallate	13 mg	1,3 g
Epicatechin	10 mg	1,0 g
Gallocatechin	2 mg	0,2 g
Gallocatechin Gallate	1 mg	0,1 g
Catechin Gallate	1 mg	0,1 g
Catechin	not detected	
Total Amino Acid	13,41 mg	1,341 g
L-Aspartic Acid	2,58 mg	0,258 g
L-Glutamine Acid	2,67 mg	0,267 g
L-Asparagine	0,64 mg	0,064 g
L-Serine	0,56 mg	0,056 g
L-Glutamine	0,43 mg	0,043 g
L-Threonine	0,08 mg	0,008 g
L-Arginine	0,95 mg	0,095 g
L-Alanine	0,36 mg	0,036 g
L-Theanine	4,84 mg	0,484 g
L-Tyrosine	not detected	
L-Valine	0,18 mg	0,018 g
L-Methionine	not detected	
γ-Amino Butyric Acid	not detected	
L-Isoleucine	0,11 mg	0,011 g
L-Phenylalanine	0,04 mg	0,004 g
L-Leucine	not detected	
L-Lysine	not detected	

Source: Brunswick Laboratorien, Covance Laboratorien