



Nutritional Analysis Bio Matcha Tea Premium, Bio Matcha Tea Ceremony

| Nutrition facts | Per serving (1g) | Per 100 gramm |
|------------------------------------|------------------|---------------|
| Total Calories | 3,34 kcal | 333,6 kcal |
| Calories from Fat | 0,31 kcal | 31 kcal |
| Carbohydrate | 347 mg | 34,7 g |
| Sugars | 24,4 mg | 2,44 g |
| Total Dietary Fibers | 323 mg | 32,3 g |
| Water soluble fiber | 58 mg | 5,8 g |
| Water insoluble fiber | 265 mg | 26,5 g |
| Proteins | 249 mg | 24,9 g |
| Total Fat | 34,6 mg | 3,46 g |
| Saturated Fatty Acid | 8,1 mg | 0,81 g |
| Monounsaturated Fatty Acid | 3,2 mg | 0,32 g |
| Polyunsaturated Fatty Acid | 23,3 mg | 2,33 g |
| Trans Fatty Acid | not detected | |
| Tannin | 106 mg | 10,6 g |
| ORAC Score | 1711 | |
| Iron | 0,068 mg | 0,0068 g |
| Calcium | 4,04 mg | 0,404 g |
| Zinc | 0,034 mg | 0,0034 g |
| Potassium | 19,60 mg | 1,96 g |
| Sodium | 0,035 mg | 0,0035 g |
| Vitamin A | | |
| β-carotene | 295 μ g | 29,45 mg/100g |
| retinol equivalent | 24,55 μ g | 2,455 mg |
| Vitamin C | 1,90 mg | 0,19 g |
| Vitamin E | 255 μ g | 25,5 mg |
| Caffeine | 30 mg | 3,0 g |
| Theophylline | not detected | |
| Cholesterol | not detected | |



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| Total Catechins | 143 mg | 14,3 g |
| Epigallocatechin Gallate | 73 mg | 7,3 g |
| Epigallocatechin | 46 mg | 4,6 g |
| Epicatechin Gallate | 14 mg | 1,4 g |
| Epicatechin | 9 mg | 0,9 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 | 26,65 mg | 2,665 g |
| L-Aspartic Acid | 4,35 mg | 0,435 g |
| L-Glutamine Acid | 3,29 mg | 0,329 g |
| L-Asparagine | 0,59 mg | 0,059 g |
| L-Serine | 1,03 mg | 0,103 g |
| L-Glutamine | 0,85 mg | 0,085 g |
| L-Threonine | 0,69 mg | 0,069 g |
| L-Arginine | 2,00 mg | 0,2 g |
| L-Alanine | 0,62 mg | 0,062 g |
| L-Theanine | 12,37 mg | 1,237 g |
| L-Tyrosine | 0,13 mg | 0,013 g |
| L-Valine | 0,27 mg | 0,027 g |
| L-Methionine | not detected | |
| γ-Amino Butyric Acid | 0,08 mg | 0,008 g |
| L-Isoleucine | 0,25 mg | 0,025 g |
| L-Phenylalanine | 0,09 mg | 0,009 g |
| L-Leucine | 0,07 mg | 0,007 g |
| L-Lysine | not detected | |

Source: Brunswick Laboratorien, Covance Laboratorien