

Bios Life® Matcha

Powerfully Energizing and Invigorating*

Naturally increases energy, metabolism, and mental focus for increased productivity and clarity of mind.*



FEATURES AND BENEFITS

- Unique Chi-Oka Matcha blend
- Natural energy source
- Increases metabolism
- Sharpens concentration
- Replenishes electrolytes
- Refreshing Pomegranate-Berry Flavor

Item# 25135
Serving Size: 1 Packet
30 Servings per container

PRODUCT INFORMATION

Bios Life® Matcha is a refreshing blend of natural ingredients that boosts energy and concentration, lowers stress levels, and increases the metabolism. Matcha's principle ingredient is ceremonial grade Chi-Oka Matcha, a shade-grown, hand harvested green tea from Japan, which delivers a powerful dose of antioxidants in each serving.

Research shows Chi-Oka Matcha delivers 137 times more antioxidants than other green or black teas available on the market¹. The especially high amounts of antioxidants called catechins, a class of polyphenols, work to boost the metabolism and protect against cell damage.

Matcha is derived from Camellia Sinesis, one of the few plants that naturally produces high levels of l-theanine and caffeine to give you a long-lasting boost in mental clarity and energy².

SUGGESTED USE

Mix 1 packet with 8 to 10 ounces of water.

Shake or stir vigorously. Serve with ice if desired.

SCIENCE

Antioxidants

Because Chi-Oka Matcha is shade-grown, the plant is forced to grow at a much slower rate, which greatly increases the polyphenols and amino acids available in each serving of Matcha. Additionally, because Matcha is a tea that is eaten and not steeped, you are consuming 100% of all nutrient content. This includes soluble and insoluble components like chlorophyll, protein, and dietary fiber.

The catechins that are so potent in Matcha have strong antioxidant properties and measured benefits in humans. These antioxidants work to speed up the metabolism, provide more energy over a longer period of time, and even decrease muscle fatigue³.

L-Theanine

Research shows the amino acid l-theanine, found in Chi-Oka Matcha, has a calming effect on human brain waves without causing drowsiness. This relaxation, paired with the stimulant effects of caffeine and theophylline, creates a heightened mental state that improves concentration².

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FREQUENTLY ASKED QUESTIONS



Q. When should I take Matcha?

A. Whenever you need an extra boost of energy. If you are dieting, Matcha may be taken to help curb cravings and provide a feeling of fullness.

Q. How much caffeine is in Matcha?

A. Each serving of Matcha delivers 100mg of caffeine, similar to the amount in a cup of coffee.

Q. Is Matcha safe for pregnant or nursing women?

A. It is not recommended for pregnant or nursing women to use Matcha. Those with sensitivity to caffeine should also use discretion.

Q. I drink lots of coffee—why should I drink Matcha?

A. In addition to providing an energy boost, the super antioxidants, resveratrol, B vitamins, choline, and L-theanine in Chi-Oka Matcha provide improved mental focus and replenish electrolytes lost in exercise.

REFERENCES

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