



matcha

Nutritional Analysis

MATCHA GASTRO

per serving (1 gram)

Total Calories	2,60 Kcal/g	Total Catechins	137 mg/g
Calories from Fat	0,22 Kcal/g	Epigallocatechin Gallate	68 mg/g
Carbohydrate	402 mg/g	Epigallocatechin	45 mg/g
Sugars	33,7 mg/g	Epicatechin Gallate	13 mg/g
Total Dietary Fibers	369 mg/g	Epicatechin	10 mg/g
Water soluble fiber	67 mg/g	Gallocatechin	2 mg/g
Water insoluble fiber	302 mg/g	Gallocatechin Gallate	1 mg/g
Proteins	194 mg/g	Catechin Gallate	1 mg/g
Total Fat	23,6 mg/g	Catechin	not detected
Saturated Fatty Acid	6,4 mg/g	Total Amino Acid	13,41 mg/g
Monounsaturated Fatty Acid	2,4 mg/g	L-Aspartic Acid	2,58 mg/g
Polyunsaturated Fatty Acid	14,9 mg/g	L-Glutamine Acid	2,67 mg/g
Trans Fatty Acid	not detected	L-Asparagine	0,64 mg/g
Tannin	128 mg/g	L-Serine	0,56 mg/g
ORAC Score	1968 unit	L-Glutamine	0,43 mg/g
Iron	0,125 mg/g	L-Threonine	0,08 mg/g
Calcium	4,34 mg/g	L-Arginine	0,95 mg/g
Zinc	0,030 mg/g	L-Alanine	0,36 mg/g
Potassium	14,69 mg/g	L-Theanine	4,84 mg/g
Sodium	0,040 mg/g	L-Tyrosine	not detected
Vitamin A		L-Valine	0,18 mg/g
β -carotene	160 μ g/g	L-Methionine	not detected
retinol equivalent	13,29 μ g/g	γ -Amino Butyric Acid	not detected
Vitamin C	2,00 mg/g	L-Isoleucine	0,11 mg/g
Vitamin E	0,169 μ g/g	L-Phenylalanine	0,04 mg/g
Caffeine	23 mg/g	L-Leucine	not detected
Cholesterol	not detected	L-Lysine	not detected

Source:

Eco Pro Research

Brunswick Laboratories

Covance Laboratories