

Powerful energy boost without anxiety. The caffeine in matcha increases energy levels more slowly and reaches its peak in the body in about 30 minutes. This is ideal for many who tend to get nervous from coffee, say The Nutrition Twins. Matcha also contains L-theanine. This amino acid provides mental activity and calmness.

Much more pleasant taste. Compared to coffee, matcha powder has a natural, earthy taste.

Many beneficial properties. Matcha contains EGCG (epigallocatechin gallate) - a substance that reduces inflammation, lowers cortisol levels, and aids in weight loss. It is also known that this drink fights oxidative stress.

Sustainable habit in the long term. Matcha provides comfort, energy, and many health benefits. Additionally, this drink has a pleasant taste.

News materials should not be equated with medical advice. Consult a specialist before making a decision.