

BENEFITS OF MATCHA GREEN TEA



1. IMPROVES CHOLESTEROL

According to various studies, drinking Matcha green tea has helped various people from cholesterol to combat this problem.

2. WEIGHT LOSS

Drinking Matcha green tea is a secret behind getting a flat tummy and a perfect figure.

3. FIGHT AGAINST CANCER

Matcha green tea is rich in anti oxidants and is also rich in catechins. These are most beneficial which helps to fight against the cells.

4. PROTECTION AGAINST HIV

Epigallocatechin present in Matcha is extremely beneficial in protecting against HIV.

6. YOUNGER LOOKING SKIN

Being rich in anti oxidants Matcha green tea helps to fight against the cells resulting in younger looking face.



5. IMPROVING BRAIN FUNCTION

dopamine and serotonin are formed due to intake of Matcha green tea. These are maintaining a good health of the brain.