

## Blenz Matcha ~ Antioxidants

Matcha green tea contains the highest concentration of antioxidants when compared to all known beverages, fruits and vegetables

Results for the latest ORAC tests have shown that one gram of Matcha green tea contain 1384 ORAC Units. When compared to other antioxidant rich fruits and vegetables, as published by the Agricultural Research Service, the in-house research arm of the USDA, Matcha clearly stands out above the rest.

The Oxygen Radical Absorption Capacity (ORAC) test<sup>(1)</sup> is a scientifically controlled set of experiments developed by the United States Department of Agriculture (USDA) and Tufts University to assess the antioxidant potency of foods and beverages. The results of the ORAC test helps to standardize, quantify and objectively compare different foods and beverages for their antioxidant potency.

### **Top Antioxidant Foods** **ORAC units per gram (umoleTE/g)**

#### **Fruits**

Prunes	57.70
Raisins	28.30
Blueberries	24.00
Blackberries	20.36
Strawberries	15.40
Raspberries	12.20
Plums	9.49
Oranges	7.50
Red Grapes	7.39
Cherries	6.70

#### **Vegetables**

Kale	17.70
Spinach	12.60
Brussels Sprouts	9.80
Alfalfa Sprouts	9.30
Broccoli Florets	8.90
Beets	8.40
Red Bell Peppers	7.10
Onions	4.50
Corn	4.00
Eggplants	3.90

***Blenz Matcha Green Tea 1384.00<sup>(2)</sup>***

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- (1) USDA Agricultural Research Services: <http://www.ars.usda.gov/is/np/fnr/fnr499.htm>  
Journal of Nutrition (vol. 128, pp. 2383-2390); American Journal of Clinical Nutrition (vol. 68, pp. 1081-1087)
- (2) ORAC Analysis of Blenz Ceremonial Matcha (AIYA) ME17916 Lot # D1805: Brunswick Laboratories