



AOI TEA COMPANY
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Nutritional Statement

Product: **Ingredient Organic Matcha OR-3**

Ingredient: **Matcha, Made by 100% Japanese Organic Green Tea**

Item	Result/100g	Method	Item	Result/100g	Method
Calories	353.00 Kcal	Modified Atwater	Catechin 8 Item		HPLC
Protein	22.00 g	Nitrogen Determined, Calculated	(-) Gallocatechin	0.20 g	
Total Fat	5.30 g	Ethyl Ether Extraction	(-) Epigallocatechin	3.80 g	
Carbohydrate	54.30 g	Calculated	(+) Catechin	ND (< 0.05g)	
Water	2.40 g	Heating Loss	(-) Epicatechin	0.70 g	
Ash	4.50 g	Ignition Residue	(-) Epigallocatechin Gallate	4.00 g	
Tannin	9.80 g	Ferrous Tartrate-Colorimetry	(-) Gallocatechin Gallate	ND (< 0.05g)	
Caffeine	1.70 g	HPLC	(-) Epicatechin Gallate	1.20 g	
Dietary Fibers	33.60 g		(-) Catechin Gallate	0.30 g	
			Total:	10.20 g	
Vitamin A					
β-Carotene	25,400.00 µg		Free Amino Acid 17 Items		
Retinol Equivalent	2,375.00 µg		L-Aspartic Acid	131.00 mg	
			L-Glutamine Acid	176.00 mg	
Vitamin C	412.00 mg	HPLC	L-Asparagine	1.30 mg	
Vitamin E		HPLC	L-Serine	27.00 mg	
A-Tocopherol	29.80 mg		L-Glutamine	39.00 mg	
Sodium	3.60 mg	ICP Method	L-Threonine	67.00 mg	
Zinc	2.50 mg	ICP Method	L-Arginine	16.00 mg	
Iron	7.60 mg	ICP Method	L-Alanine	24.00 mg	
Calcium	614.00 mg	ICP Method	L-Theanine	861.00 mg	
Potassium	1,539.00 mg	ICP Method	L-Tyrosine	5.40 mg	
			L-Valine	6.30 mg	
			L-Methionine	1.80 mg	
			γ-Amino Butyric Acid	10.70 mg	
			L-Isoleucine	3.30 mg	
			L-Phenylalanine	11.20 mg	
			L-Leucine	0.30 mg	
			L-Lysine	27.60 mg	
			Total:	1408.90 mg	

This Nutritional statement is a general information for this grade of Matcha.
The actual data may differ by each lot, each year's harvest and storage conditions.