

Nutritional Analysis

Organic Matcha Type-C

per serving (1 gram)

Total Calories	2.72 Kcal/g	Total Catechins	163 mg/g
Calories from Fat	0.35 Kcal/g	Epigallocatechin Gallate	78 mg/g
Carbohydrate	354 mg/g	Epigallocatechin	54 mg/g
Sugars	27.7 mg/g	Epicatechin Gallate	15 mg/g
Added Sugars	0 mg/g	Epicatechin	11 mg/g
Total Dietary Fibers	326 mg/g	Gallocatechin	3 mg/g
Water soluble fiber	60 mg/g	Gallocatechin Gallate	1 mg/g
Water insoluble fiber	266 mg/g	Catechin Gallate	1 mg/g
Protein	239 mg/g	Catechin	not detected
Total Fat	38.9 mg/g		
Saturated Fatty Acid	9.2 mg/g	Total Amino Acid	24.03 mg/g
Monounsaturated Fatty Acid	3.7 mg/g	L-Aspartic Acid	5.33 mg/g
Polyunsaturated Fatty Acid	26 mg/g	L-Glutamic Acid	3.88 mg/g
Trans Fatty Acid	not detected	L-Asparagine	0.63 mg/g
Tannin	103 mg/g	L-Serine	1.08 mg/g
ORAC Score	1624 units/g	L-Glutamine	0.68 mg/g
CAP-e	29 units/g	L-Threonine	not detected
		L-Arginine	2.28 mg/g
Iron	0.076 mg/g	L-Alanine	0.6 mg/g
Calcium	4.09 mg/g	L-Theanine	8.76 mg/g
Zinc	0.036 mg/g	L-Tyrosine	not detected
Potassium	15 mg/g	L-Valine	0.35 mg/g
Sodium	0.031 mg/g	L-Methionine	not detected
Ash	60.4 mg/g	γ-Amino Butyric Acid	0.16 mg/g
Vitamin A		L-Isoleucine	0.28 mg/g
β-carotene	324 µg/g	L-Phenylalanine	not detected
retinol equivalent	27 µg/g	L-Leucine	not detected
Vitamin C	2.1 mg/g	L-Lysine	not detected
Vitamin D	1.1 µg/g		
Vitamin E	184 µg/g		
Caffeine	28 mg/g		
Cholesterol	not detected		

Source:
Eco Pro Research
Brunswick Laboratories
Covance Laboratories
Micro Quality Labs

The nutritional values shown are based on sample testings.

Perfect Supplements does not guarantee these values with each product and these values will not be displayed in the actual Certificate of Analysis.