

Organic traditions®

PREMIUM
SUPERFOODS
CONSCIOUS
SOURCING

Make Teas & Lattes
Add to Smoothies
Juice & Coconut Water
Desserts & Baking
No Added Sugar,
Flavors or Additives

PREMIUM MATCHA GREEN TEA

A RICH, FULL BODIED GREEN TEA WITH A DELICIOUS SMOOTH TASTE
A CONCENTRATED WHOLE LEAF GREEN TEA POWDER
AN ANTIOXIDANT RICH, ENERGIZING TEA*



DIETARY SUPPLEMENT
NET WT. 3.5 oz (150 g)



See organictraditions.com for more great superfoods

Resealable

SUPERTEAS

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MATCHATEA

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Supplement Facts

Serving Size 5 g (1 teaspoon)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Organic Premium Matcha (Camellia sinensis) Tea	5g	^

^ Daily Value (DV) not established



Produced in a facility that processes tree nuts.

May contain tree nuts.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PREMIUM MATCHA GREEN TEA

For centuries, Matcha has been considered the most revered green tea in the world. Traditionally used in the daily diet and for ceremonial purposes, it is said that Zen Buddhist Monks consumed Matcha for facilitating meditation, health and longevity.* There are many grades of Matcha. Lower, less expensive grades pulverize the stems with the leaves, creating a bitter taste and a yellow-green color. Some Matcha is prepared using hot pressure processing that destroys the delicate compounds, creating oxidation and consequently a lower quality Matcha. Premium Matcha comes from tencha leaves collected after the spring harvest. This full bodied green tea is ideal for daily use. Matcha is the most concentrated green tea in the world. Make a delicious tea, latte or smoothie. Whisk ¼ to 1 tsp. of Matcha in 1-2 oz of warm water (not boiling) to make a smooth paste. Add more water (4-6 oz.) and 1 teaspoon of Organic Traditions Yacon Nectar or 1 teaspoon or Organic Traditions Coconut Palm Sugar to sweeten. Also add to water, juice, coconut water, smoothies, desserts and all other recipes.

— Camellia sinensis —

Organic Nutrition From Around The World

At Organic Traditions we provide nutrient dense superfoods from many healing traditions. We are committed to supporting farmers who are dedicated to the principles of sustainable and fair trade agriculture. Now more than ever we need to nourish ourselves with superfoods, herbs, seeds and fruits packed with the nutrition needed to support the challenges that come with living in a fast paced world. Be adventurous. These superfoods are versatile. Incorporate them into recipes in any creative way you see fit. At every meal you have the opportunity to choose dense nutrition. Food is powerful. Make choices for a better you and a better planet.



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