

# UNICITYMATCHA

## NATURAL FOCUS

C O R E



*Naturally increases energy, metabolism, and mental focus for increased productivity and clarity of mind.\**

## FEATURES AND BENEFITS

- Unique Chi-Oka Matcha blend
- Natural energy source
- Promotes relaxation and reduces stress
- Speeds up your metabolism
- Improves concentration
- Invigorating green apple flavor

## PRODUCT INFORMATION

**UNICITYMATCHA** for Natural Focus Unicity Matcha is a refreshing blend of natural ingredients that boosts energy and concentration, lowers stress levels, and increases the metabolism. Its principle ingredient is ceremonial grade Chi-Oka Matcha, a shade-grown, hand harvested green tea from Japan, which delivers a powerful dose of antioxidants in each serving.

Research shows Chi-Oka Matcha delivers 137 times more antioxidants than other green or black teas available on the market<sup>1</sup>. The especially high amounts of antioxidants called catechins, a class of polyphenols, work to boost the metabolism and protect against cell damage.

Matcha is derived from *Camellia Sinesis*, one of the few plants that naturally produces high levels of L-theanine and caffeine to give you a long-lasting boost in mental clarity and energy<sup>2</sup>.

## SUGGESTED USE

Mix 1 packet with 8 to 10 ounces of water.

Shake or stir vigorously. Serve with ice if desired.

## SCIENCE

### Antioxidants

Because Chi-Oka Matcha is shade-grown, the plant is forced to grow at a much slower rate, which greatly increases the polyphenols and amino acids available in each serving of Matcha. Additionally, because Matcha is a tea that is eaten and not steeped, you are consuming 100% of all nutrient content. This includes soluble and insoluble components like chlorophyll, protein, and dietary fiber.

The catechins that are so potent in Matcha have strong antioxidant properties and measured benefits in humans. These antioxidants work to speed up the metabolism, provide more energy over a longer period of time, and even decrease muscle fatigue<sup>3</sup>.

### Theophylline and Caffeine

The naturally occurring caffeine and theophylline in Matcha work to stimulate wakefulness and lessen fatigue in the central nervous system. In addition, theophylline helps facilitate psychoactive activity, generating a state of mental clarity and focus<sup>4</sup>.

Item# 26553 | Serving Size: 1 Packet | 30 Servings per container  
For more information, scan the code to the right, or go to [Unicity.com](http://Unicity.com)



\*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.

# UNICITY

## SCIENCE (continued)

### L-Theanine

Research shows the amino acid L-theanine, found in Chi-Oka Matcha, has a calming effect on human brain waves without causing drowsiness. This relaxation, paired with the stimulant effects of caffeine and theophylline, creates a heightened mental state that improves concentration<sup>4</sup>.

## REFERENCES

- <sup>1</sup> Weiss DJ, et al. Determination of catechins in matcha green tea by micellar electrokinetic chromatography. *J Chromatogr A*. 2003;1011(1-2):173-180.
- <sup>2</sup> Gomez-Ramirez M, et al. The effects of L-theanine on alpha-band oscillatory brain activity during a visuo-spatial attention task. *Brain Topogr* 2009;22(1):44-51.
- <sup>3</sup> Dulloo A. et al. Efficacy of a green tea extract rich in catechins polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition*. 1999; 70(6): 1040-1045.
- <sup>4</sup> Cabrera C, et al. Beneficial Effects of Green Tea—A Review. *J Am Coll Nutr* 2006;25(2):79-99.

