

Tea Nutrition Data

Results based on analyses of Sugimoto's teas by Eurofins Scientific Inc.

Tea \ Nutrient (typical serving sizes 1g~3g)	EGCG	Theanine	Caffeine	Calories	Protein	Fat	Carbs	Sugar	Fiber	Vitamin A	Calcium
	(mg/g)	(mg/g)	(mg/g)	(kcal/g)	(g/g)	(g/g)	(g/g)	(g/g)	(g/g)	(mg/g)	(mg/g)
Organic Ceremonial Matcha  OMA25KG	52	16	29	4	0.33	0.03	0.53	0.02	0.33	101	3.9
Organic Culinary Matcha  OMD25KG	48	4	16	4	0.22	0.03	0.66	0.05	0.34	280	8.0
Uji Matcha  MCD25KG	44	12	19	4	0.27	0.04	0.61	0.05	0.31	---	4.6
Sencha  S454L SP227	53	11	15	4	0.29	0.03	0.60	0.03	0.29	239	2.8
Bancha  IFP01 B454L	40	5	11	4	0.21	0.03	0.65	0.07	.032	241	5.4
Kukicha  K454L	26	16	13	4	0.25	0.03	0.62	0.03	0.34	156	2.7
Genmaicha  GP227	20	4	14	4	0.15	0.02	0.78	0.01	0.11	114	1.5
Hojicha  HP227	18	ND*	7	4	0.24	0.03	0.67	0.02	0.40	74	6.9

UPDATE: 5/24/2019

ND* = not detected