



ORGANIC  
GRADE A CEREMONIAL  
MATCHA

# WHAT EXACTLY IS MATCHA ?



Matcha is a vibrant green tea powder made from shade-grown, handpicked Japanese tea leaves. Unlike regular tea, you consume the entire leaf, giving you a concentrated dose of antioxidants, nutrients, and clean energy — all in one smooth, earthy cup.

# KEY HEALTH BENEFITS



## 1. Boosts Energy & Focus

- Contains caffeine + L-theanine for calm, sustained energy
- Enhances mental clarity and concentration without jitters or crashes

## 2. Rich in Antioxidants

- High in catechins (EGCG) that fight free radicals
- May reduce risk of heart disease, cancer, and signs of aging

## 3. Supports Immune Health

- Loaded with vitamin C, antioxidants, and anti-inflammatory compounds
- Helps the body defend against infections and oxidative stress

# KEY HEALTH BENEFITS

## 4. Detoxifies Naturally

- High in chlorophyll, a natural detoxifier
- Supports liver health and gentle cleansing of toxins

## 5. Promotes Calm & Reduces Stress

- L-theanine promotes relaxation and balanced mood
- Supports better emotional well-being

## 6. Aids Digestion & Gut Health

- Contains natural fiber to support regularity
- May help balance the gut microbiome

## 7. Supports Healthy Skin & Teeth

- Antioxidants and chlorophyll may reduce acne and promote glowing skin
- Unlike coffee, matcha doesn't stain teeth

## 8. Nourishes with Essential Nutrients

- Provides vitamins A, C, E, K, plus calcium, iron, and potassium
- Helps support bones, blood pressure, and immune function

# MATCHA & FITNESS

## PRE WORKOUTS

### Fat Oxidation



Boosts metabolism and fat oxidation, aiding in weight management.

### Increases Endurance



Studies show matcha can enhance exercise performance and endurance by up to 25%.

### Sustained Energy



Caffeine provides energy for workouts without the crash associated with coffee.

## POST WORKOUTS

### Muscle Recovery



Antioxidants help reduce muscle damage and inflammation, speeding up recovery.

### Hydration



Contains natural electrolytes that help maintain hydration levels

### Calming Effect



L-theanine helps reduce post-exercise stress and promotes relaxation.



# WHAT MAKES KULTURE & BLENDS MATCHA EXCEPTIONAL

- *Premium Ceremonial Grade A* – Made from first-harvest tencha leaves for a vibrant, smooth, and non-bitter experience.
- *Grown in Shizuoka, Japan* – A region celebrated for its pure mountain water, clean air, and nutrient-rich soil — ideal for cultivating high-quality matcha.
- *Small-Batch Production* – Sourced from small farms and produced in limited batches, with a focus on quality over quantity.
- *100% Organic & JAS Certified* – Grown with integrity and care, without synthetic pesticides or additives.
- *Taste Profile*– Balanced umami, creamy white chocolate notes, and a fresh young cut greens aroma and delicate floral undertones, clean finish — no stems or bitterness.

*Sourced with intention —  
for those who value  
purity, taste, and tradition.*



# MATCHA CARE & PREPARATION GUIDE

To keep your matcha fresh, vibrant, and delicious:

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## Avoid Boiling Water

Use water at 80°C (176°F). Boiling water burns the matcha and makes it bitter.

## Refrigerate After Opening

Store your matcha in the fridge to protect its color, flavor, and nutrients.

## Consume Within 1-2 Months

For best results, finish your matcha within 1 to 2 months after opening.

## Keep It Cool, Dry & Dark

Store in an airtight container, away from light, heat, and moisture.

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### ***Tips: -***

- ***Matcha taste more sweeter with full fat milk and more earthy with oat milk***
- ***A little goes a long way, use 1 tsp (2g) to max 2 tsp (4g) for 1 cup (240 ml milk)***



# MATCHA RECIPES

## Creamy Matcha Latte (Hot)

### I ngredients

- 2 tsp (4g) organic ceremonial grade matcha
- 300 ml milk (any milk of choice—dairy, almond, oat, soy, etc.)
- 1-2 tsp sweetener (optional; honey, agave, or sugar)
- 1 tsp Vanilla extract (optional)

### D irections

- **Prepare Matcha:** Sift 1 tsp of matcha into a bowl or cup to prevent clumping.
- **Whisk Matcha:** Add about 60ml of hot milk (70°C to 80°C) and whisk the matcha vigorously in a “W” or “M” motion using a bamboo whisk (chasen) until frothy.  
Alternatively, you can use a handheld or electric milk frother.
- **Sweeten:** If you like your matcha latte sweetened, mix 1-2 tsp of your favorite sweetener into the milk.
- **Combine:** Pour the hot milk into the prepared matcha, stirring gently to combine. Top with extra froth if desired.



# Vanilla Iced Matcha Latte

## I Ingredients

- 2 tsp (4g) organic ceremonial grade matcha
- 60 ml hot water (around 70°C to 80°C)
- 200 ml milk (any milk of choice—dairy, almond, oat, soy, etc.)
- 1-2 tsp sweetener (optional; honey, agave, or sugar)
- 1 tsp Vanilla
- 1 cup ice

## D Directions

- **Prepare Matcha:** Sift 2 tsp of matcha into a bowl or cup to prevent clumping.
- **Whisk Matcha:** Add about 60 ml of hot water (70°C to 80°C) and whisk the matcha vigorously in a “W” or “M” motion using a bamboo whisk (chasen) until frothy. Alternatively, you can use a handheld or electric milk frother.
- In a glass add ice cubes
- Combine 200 ml of your preferred chilled milk and 1 tsp Vanilla extract. and then the prepared matcha
- **Sweeten:** If you like your matcha latte sweetened, mix 1-2 tsp of your favorite sweetener into the milk.

# Iced Caramel Matcha

## The Healthy Way

### I ngredients

- 2 tsp (4g) organic ceremonial grade matcha
- 60 ml hot water (around 70°C to 80°C)
- 200 ml milk (any milk of choice—dairy, almond, oat, soy, etc.)
- 1-2 tsp sweetener (optional; honey, agave, or sugar)
- 1 tsp Vanilla
- 1 tsp Date Surup
- 1 cup ice

### D irections

- Prepare Matcha: Sift 2 tsp of matcha into a bowl or cup to prevent clumping.
- Whisk Matcha: Add about 60 ml of hot water (70°C to 80°C), Vanilla extract, Date syrup and whisk the matcha vigorously in a “W” or “M” motion using a bamboo whisk (chasen) until frothy. Alternatively, you can use a handheld or electric milk frother
- In a glass add the ice cubes
- 200 ml of your preferred chilled milk and layer top with the prepared matcha
- Sweeten: If you like your matcha latte sweetened, mix 1-2 tsp of your favorite sweetener into the milk.

# Iced Mango Pulp Matcha

## The Healthy Way

### I Ingredients

- 2 tsp (4g) organic ceremonial grade matcha
- 60 ml hot water (around 70°C to 80°C)
- 100 ml fresh mango pulp puréed
- 100 ml milk (any milk of choice—dairy, almond, oat, soy, etc.)
- 1/2 tsp sweetener (optional; honey, agave, or sugar)
- 1/2 tsp Vanilla
- Pinch of salt
- 1 cup ice

### D Directions

- Prepare Matcha: Sift 2 tsp of matcha into a bowl or cup to prevent clumping.
- Whisk Matcha: Add about 60 ml of hot water (70°C to 80°C), 1/2 tsp Vanilla extract, pinch of salt and whisk the matcha vigorously in a “W” or “M” motion using a bamboo whisk (chasen) until frothy. Alternatively, you can use a handheld frother.
- In a glass add the ice cubes
- Layer 100 ml of the fresh Mango puree at the bottom followed by 100ml preferred chilled milk and then the prepared matcha
- Sweeten: If you like your matcha latte sweetened, mix 1-2 tsp of your favorite sweetener into the milk.