

# MATCHE

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THE WORLD'S FIRST POWDERED OLIVE LEAF TEA PRODUCT.



ITALIAN BORN,  
INTERNATIONALLY LOVED.

[CIAO@MATCHE.CO](mailto:CIAO@MATCHE.CO)

# #US

MATCHE IS A DIVISION OF THE SICILIAN OLIVE LEAF TEA COMPANY. OUR TEAS ARE CURATED FROM CENTURY OLD OLIVES TREES LOCATED IN THE MOUNTAINS OF SICILY, ITALY. HANDPICKED, SUN DRIED AND BREWED INTO TEA THAT IS OVERFLOWING WITH FLAVOR FILLED ANTIOXIDANTS. MATCHE IS ITALIAN BORN AND INTERNATIONALLY LOVED.

OLIVE LEAF IS THE LEAF OF THE OLIVE TREE (OLEA EUROPAEA)



# #HEALTHY

HYDROXYTYROSOL AND OLEUROPEIN ARE COMPONENTS OF OLIVE LEAF TEA. THEY ARE SOME OF THE MOST POWERFUL ANTIOXIDANTS FOUND IN NATURE.

MATCHE HAS UP TO TEN TIMES THE ANTIOXIDANTS THAT IS PRESENT IN GREEN TEA!

# #HOT

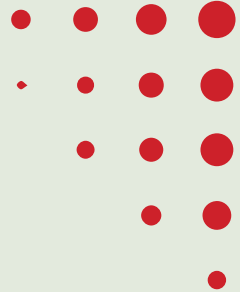
WE ARE THRILLED WITH HOW OUR SOFT INTRODUCTION IN 2021 WENT AND LOOK FROWARD TO OUR FULL LAUNCH AT THE WORLD TEA EXPO IN LAS VEGAS, NV IN MARCH 2022.



## WHY WE ROCK

- Made in Italy
- Wildly Healthy
- Innovative
- Chef Driven
- Environmentally Sustainable
- International Appeal

*We only  
make stuff*  
*We Love*



## **WHAT IS OLIVE LEAF TEA GOOD FOR?**

OLIVE LEAF TEA, ESPECIALLY POWDERED OLIVE LEAF TEA MAY HAVE SEVERAL POTENTIAL HEALTH BENEFITS, SUCH AS HELPING TO LOWER BLOOD PRESSURE, LOWER CHOLESTEROL, HELP PREVENT WEIGHT GAIN, PROTECT AGAINST HEART DISEASE, HELP PROTECT AGAINST SOME CANCERS AND DECREASE SOMEONE'S RISK OF DEVELOPING TYPE 2 DIABETES.

THE OLIVE LEAVES CONTAIN HIGH AMOUNTS OF POLYPHENOLS, MOST IMPORTANTLY OLEACEIN, OLEUROPEIN AND HYDROXYTYROSOL.

SEE THE [RESEARCH](https://sicilianoliveleaftea.com/research/) PAGE

([HTTPS://SICILIANOLIVELEAFTEA.COM/RESEARCH/](https://sicilianoliveleaftea.com/research/))

FOR MORE SPECIFIC INFORMATION ON THE MECHANISMS FOR THESE POTENTIAL HEALTH BENEFITS.

## **DOES MATCHA (OR ANY OLIVE LEAF TEA) HAVE CAFFEINE?**

NO. MATCHA DOES NOT HAVE ANY CAFFEINE, WHICH IS WELCOME NEWS TO PEOPLE WHO ARE TRYING TO GO CAFFEINE FREE BUT STILL WANT FLAVOR AND THOSE WHO ARE SENSITIVE TO THE EFFECTS OF CAFFEINE. THIS ALSO MEANS IT IS AN EXCELLENT CHOICE OF BEVERAGE BEFORE GOING TO SLEEP.

## **WHY SHOULD I USE MATCHA VERSUS AN EXTRACT?**

THERE ARE SEVERAL REASONS WHY MATCHA IS SUPERIOR TO EXTRACTS. THE MOST IMPORTANT REASON IS TASTE. MATCHA IS A POWDERED OLIVE LEAF TEA THAT WAS DESIGNED TO BE ENJOYED LIKE ANY OTHER CUP OF TEA. ALMOST AS IMPORTANT IS WHAT GOES INTO MATCHA, WHICH IS 100% POWDERED OLIVE LEAVES FROM SICILY, ITALY. OUR 100+ YEAR OLD OLIVE TREES HAVE DEVELOPED ANTIOXIDANTS, VITAMINS, MINERALS AND POLYPHENOLS TO PROTECT ITSELF AGAINST THE INTENSE SICILIAN SUMMER SUN, CHILLY MEDITERRANEAN WINTERS AND DROUGHT. WITH AN EXTRACT YOU MAY NOT BE GETTING THOSE ADDITIONAL BENEFITS.





## IS OLIVE LEAF TEA GOOD FOR THE LUNGS?

AT LEAST ONE STUDY

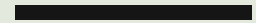

([HTTPS://PUBS.ACS.ORG/DOI/FULL/10.1021/ACS.JAFC.8B01808](https://pubs.acs.org/doi/full/10.1021/acs.jafc.8b01808)) HAS FOUND THAT ORALLY CONSUMING OLEUROPEIN FROM POWDERED OLIVE LEAVES REDUCED THE AIRWAY INFLUX OF EOSINOPHILS AND LYMPHOCYTES AS WELL AS IL-4 SECRETION IN LUNG PROMOTED BY OVA INHALATION OR CS. IN ADDITION, OLEUROPEIN SUPPRESSED INFILTRATION OF MACROPHAGES AND NEUTROPHILS THROUGH BLOCKING OVA INHALATION- AND CS-PROMOTED INDUCTION OF ICAM-1, F4/80, CD68, AND CD11B IN AIRWAYS. THE RESEARCHERS CONCLUDED THAT THIS MAY BE A PROMISING ANTI-INFLAMMATORY AGENT FOR ASTHMA AND COPD. THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

## HOW MUCH OLIVE LEAF TEA SHOULD YOU DRINK IN A DAY?

MATCHE IS VERY POTENT SO YOU SHOULD NOT HAVE MORE THAN 2 CUPS OF TEA A DAY UTILIZING 500MG OR 1/2 GRAM PER CUP. YOU MAY ADD AS MUCH LIQUID AS YOU WOULD LIKE BUT GENERALLY THE BEST FLAVOR IS FOUND WITH 6-8 OUNCES. YOU CAN ALSO USE MATCHE TO MAKE LATTES AND DUSTINGS FOR FRESH FRUIT, CAKES, OR EVEN CHOCOLATE.

## HOW LONG DOES IT TAKE FOR OLIVE LEAF TEA TO WORK?

RESEARCH HAS SHOWN THAT THE PHENOLIC COMPOUNDS FROM OLIVE LEAVES ARE HIGHLY BIOAVAILABLE. THE ABSORPTION OF LIGISTROSIDE-AGLYCONE, HYDROXYTYROSOL, TYROSOL AND OLEUROPEIN-AGLYCONE WAS 55-60% IN HUMAN SUBJECTS. IN ANIMAL STUDIES, THESE COMPOUNDS HAVE FOUND THEIR WAY VARIOUS TISSUES IN BETWEEN 1 AND 4 HOURS BUT IT MAY TAKE UP TO 2 DAYS IN HUMANS.



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## CAN I DRINK OLIVE LEAF TEA EVERYDAY?

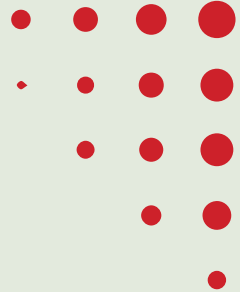
THERE ARE NO OFFICIAL GUIDELINES ON HOW MUCH OLIVE LEAF TEA A PERSON SHOULD DRINK EVERYDAY. IN MOST HUMAN STUDIES, PARTICIPANTS CONSUMED 500MG OR 1/2 GRAM OF POWDERED OLIVE LEAF TEA TWICE A DAY. YOU SHOULD ALWAYS SPEAK WITH YOUR DOCTOR BEFORE USING ANYTHING TO TREAT A SPECIFIC CONDITION AS THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

WE ARE LITTLE BUT MIGHTY.

MATCHE COMBINES HIGH ANTIOXIDANT LEVELS OF A POWDERED LEAF TEA WITH THE UNIQUE HEART HEALTHY OLEUROPEIN, A POLYPHENOLIC COMPOUND FOUND IN OLIVE LEAVES.

OLIVE LEAF TEA MAY HAVE:

CARDIOPROTECTIVE  
ANTI-INFLAMMATORY  
ANTIOXIDANT  
ANTI-CANCER  
ANTI-ANGIOGENIC  
NEUROPROTECTIVE  
FUNCTIONS



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## HOW DO I USE OLIVE LEAF TEA?

HOW TO USE MATCHA:

NO WORRIES. YOU CAN USE IT THE WAY YOU WOULD USE ANY POWDERED TEA.

**HAVE IT 3 WAYS: HOT, ON ICE OR WITH MILK:**

**HOT MATCHA**

**HOT MATCHA LATTE**

**ICED MATCHA LATTE.**

BONUS DUSTING!

### HOW TO MAKE A HOT MATCHA

PUT A LITTLE BIT OF MATCHA IN A CUP THEN, POUR IN HOT WATER AND WHISK.

### HOW TO MAKE AN ICED MATCHA LATTE

IN A BLENDER, ADD THE MATCHA POWDER AND MILK. BLEND FOR 15 SECONDS. POUR INTO A CUP OF ICE AND ENJOY!

### HOW TO MAKE A MATCHA LATTE

ADD THE MATCHA TO A MUG AND POUR HOT WATER OVER IT. WHISK TEA POWDER UNTIL FULLY DISPERSED. POUR WARMED MILK OVER THE TEA AND WHISK AGAIN TO FROTH THE MILK. ADD OPTIONAL MATCHA DUSTING AS GARNISH.

### HOW TO USE MATCHA AS A DUSTING

COVER FOOD PRODUCTS LIGHTLY WITH MATCHA.

GENTLY SHAKE FILLED MATCHA SHAKER OVER YOUR DESIRED PRODUCT LIKE FRESH FRUITS, CHOCOLATE, CAKES, ETC. FOR A HINT OF OLEUROPEIN WELLNESS IN SECONDS

