

# Effect of a Proprietary Matcha Powdered Drink on Thermogenic, Weight, Appetite, Lipid, Blood-Glucose, and Energy Levels

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## Introduction:

Green tea has long been considered an elixir for better health, known to elicit general improvements in myriad aspects of health. Recent work has confirmed the improvements include numerous cardiometabolic outcomes, such as markers of heart disease and diabetes. The purpose of this study was to determine the effects of a regular consumption of a proprietary matcha powder drink, rich in green tea, on health variables.

## Methods:

28 adults were recruited to participate in this study to test the health benefits of twice daily matcha consumption for 30 days. Prior to and following the 30-day period, subjects were tested for indicators of body fat, blood lipids, and blood glucose.

## Results:

	Before		After		Difference	P value
	Average	SEM	Average	SEM		
<b>Weight (kg)</b>	241.13	9.77	237.33	9.78	-3.81	<0.0001
<b>BMI</b>	37.00	1.32	36.65	1.33	-0.34	0.0032
<b>Body Fat (%)</b>	39.41	1.26	37.25	1.61	-2.15	0.0167
<b>Triglycerides</b>	80.42	5.36	72.08	4.69	-8.35	0.0626
<b>Cholesterol (mg/dl)</b>	190.69	8.17	182.46	8.18	-8.23	0.0836
<b>HDL Cholesterol (mg/dl)</b>	46.31	2.08	58.23	2.66	11.92	<0.0001
<b>LDL Cholesterol (mg/dl)</b>	128.35	7.66	107.54	7.82	-20.81	<0.0001
<b>TG:HDL</b>	1.84	0.16	1.32	0.11	-0.52	<0.0001
<b>HbA1c</b>	5.97	0.13	5.93	0.11	-0.04	0.5
<b>Glucose (mg/dl)</b>	103.12	4.50	100.19	2.55	-2.92	0.5567

n=25; significance at p<0.05

## Conclusions:

Twice daily matcha consumption resulted in highly significant changes in body weight, BMI, and body fat percent. Importantly, numerous markers of cardiovascular health revealed improvements, as well. Perhaps most importantly, the triglyceride-to-HDL ratio, one of the best known predictors of heart disease, was remarkably reduced over the 30-day trial period. Along with this, HDL cholesterol was significantly increased, a phenomenon rarely observed from clinical trials. Moreover, LDL cholesterol dropped significantly. Overall, these results suggest a high degree of efficacy for daily matcha consumption in improving multiple markers of overall metabolic health.