

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 regular consumption of a proprietary matcha powder drink, rich in green tea, on markers and measurements of body composition.

Methods:

30 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		
Weight (kg)	75.26	2.64	74.28	2.53	-0.99	0.0068
Fat mass (kg)	27.28	1.63	27.06	1.47	-0.21	0.5567
BMI	28.62	0.77	28.21	0.72	-0.41	0.0043
Waist (cm)	94.64	2.27	91.01	2.18	-3.63	<0.0001
Hip (cm)	105.04	1.54	103.36	1.45	-1.67	<0.0001
W:H	0.90	0.01	0.88	0.01	-0.02	0.0961
Neck (cm)	36.08	0.57	35.43	0.48	-0.65	0.0164
Arm (cm)	34.14	0.74	32.82	0.55	-1.33	0.0107
Thigh (cm)	59.63	1.13	57.36	1.17	-2.26	0.0076

n=30; significance at p<0.05

Conclusions:

Twice daily matcha consumption resulted in significant changes in body weight and BMI. Moreover, the reduction in waist and hip measurements was highly significant. Significant circumference changes were noted in the neck, arms, and thighs. Though largely unappreciated, neck circumference is a robust indicator of visceral (i.e. central) fat storage and metabolic syndrome, and may be a better predictor of metabolic health than the widely used BMI. In sum, these results indicate general changes in body composition that reflect an overall favorable improvement in cardiometabolic health.