

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 on health variables.

Methods:

45 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 will be tested for indicators of body fat, blood lipids and glucose, blood pressure, and body circumference measurements.

Results:

	Before		After		Difference	P value
	Average	SEM	Average	SEM		
Weight (kg)	82.36	2.57	80.86	2.41	-1.49	<0.0001
BMI	26.12	0.67	24.93	0.63	-1.19	0.0043
Body Fat (%)	26.55	1.29	24.32	1.31	-2.23	0.0004
Triglycerides	107.22	12.72	79.24	8.42	-27.97	0.0025
Cholesterol	210.03	5.94	188.97	5.52	-21.05	<0.0001
HDL Cholesterol	63.32	2.81	63.95	2.65	0.62	0.57
LDL Cholesterol	133.43	6.35	120.68	6.08	-12.76	0.0026
HbA1c	5.12	0.04	5.16	0.03	-0.04	0.1141
Glucose	80.27	1.20	78.41	0.91	-1.86	0.0981
Systolic BP	137.00	3.13	134.14	2.79	-2.86	0.1547
Diastolic BP	82.70	1.88	81.57	1.65	-1.14	0.4652
Waist (cm)	96.88	2.13	91.47	1.89	-5.40	<0.0001
Hips (cm)	104.60	1.40	101.33	1.28	-3.26	<0.0001
W:H Ratio	0.92	0.01	0.90	0.01	-0.02	0.2488

Age: 45.1y; n=45

Conclusions:

Twice daily matcha consumption resulted in highly significant changes in body weight, BMI, and body fat percent. These changes were further evident in significant reductions in waist and hip circumference. Moreover, the intervention dramatically lowered triglycerides, total and LDL cholesterol, without lowering HDL. Fasting glucose levels tended to reduce over the study period. Overall, these results suggest a high degree of efficacy for daily matcha consumption in improving multiple markers of cardiometabolic health.