

# ORGANIC UDON and SOMEN + MATCHA

Certified Organic • Non-GMO • Natural • No Preservative and additive • Non-fried • Vegan

## Tradition meets tradition!

Traditionally-made organic wheat noodles (aka Udon and Somen) meet traditionally stone-ground organic Matcha. Now we are introducing new organic Matcha Udon (Somen).

Tanaka Seimen, our dried noodle manufacturer, has been making various kinds of dried noodles over the past 100 years. And dried noodles are one of the typical preserved foods here in Japan and can be enjoyed hot or cold 24/7 for all seasons.

## Health Benefits of Matcha

One's appetite will be stimulated by not only nice pastel green matcha color but also subtle matcha aroma. Moreover Matcha brings out some nutritious features to dried noodle. Perhaps, EGCG (Epigallocatechin gallate) is the most talked-about nutrient these days when speaking of nutritious benefit of Matcha. Catechin is a type of polyphenol and there are four different kinds present in the tea leave; one of them is EGCG. EGCG is said to be one of the most powerful immune-boosting and anti-cancer substances and also to have the following effects:

1) To lower cholesterol level in blood and body fat; 2) To prevent cavity; 3) Antibacterial effect; 4) Antioxidant effect (to forestall aging).

Speaking of antioxidant effect, matcha is said to have over 33 times the antioxidant levels of antioxidant powerhouse blueberries.

Other health benefits of Matcha includes naturally mood enhancing by theanine, a type of amino acid found in Matcha tea, zero on Glycemic index (will not raise insulin levels), high in fiber, and etc. It also has a high concentration of vitamin K; 200g of our OG Matcha Noodle contains about 116  $\mu$ g of vitamin k, the same amount found in about 70g of broccoli.

## APPLICATIONS

Noodle Bowl  
Noodle Salad  
Substitution for Pasta

Suggested cooking time:  
Udon (regular) . . . 11 minutes  
Udon (thick) . . . 15 minutes  
Somen . . . . . 3 minutes



## PRODUCT INFORMATION

PRODUCT	PACKAGING	NET WT (KG)	GRS WT (KG)	SIZE (M3)
Organic Somen with Matcha	250g (8.8oz) x 12 x 4 /CTN	12	13.5	0.026
Organic Udon with Matcha	250g (8.8oz) x 12 x 4 /CTN	12	13.5	0.026
Organic Udon with Matcha (flat)	250g (8.8oz) x 12 x 4 /CTN	12	13.5	0.026



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