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Lipton Magnificent Matcha Green Tea Review

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“A Moment of Focus” lines Lipton Matcha Green Tea bags. Bursting with colors of yellow and green, the advertising is certainly welcoming. Steeping the tea bag in cold water, I waited the recommended two minutes to take my first sip. Being a former coffee advocate, I felt skeptical about the drop in caffeine I would experience. Would I be slower, less effective in my daily tasks, and feeling exhausted from the caffeine drop?

To my surprise, I am delighted. The tea itself is light and soft, with a twinge of earthy matcha flavoring backing up the well-known green tea flavor. Green tea contains L-theanine, an amino acid promoting relaxation, stress relief, and reducing anxiety. That, combined with Matcha, known for a catechin (Antioxidants) known as EGCG (epigallocatechin gallate) which have been known to fight cancer. EGCG has been studied extensively, and has been proven to shrink tumors, kill off prostate cancer cells, and slow breast cancer in rats.

After my experience with too much coffee, this was exactly what I was looking for. After a few sips, the caffeine kicked in: without the jitters, anxiety, or afternoon crash I had experienced before. It felt like the same caffeine high, but with an organic wall blocking the negative side effects. I found myself relating to the tagline printed on the top of their tea packets. I felt focused, alert, and determined.

For the past few months I have woken up excited to have my cup of tea. I would absolutely recommend Lipton Magnificent Matcha Green Tea to anyone; especially those struggling with fatigue, anxiety, and inability to focus. Even avid coffee drinkers need not question this product. It has helped me immensely, and I imagine it would do the same for many others.