

## **University of Shizuoka : Past & Present**



The University of Shizuoka, by absorbing various prefectural universities established in Shizuoka, came into being in 1987. It combined the Shizuoka College of Pharmacology, originally founded in 1916 as Shizuoka Women's Pharmacology School, along with Shizuoka Women's University and Shizuoka Women's Junior College.





























































Excellent Character of Japanese Green Tea		
1. Long history	5. Needle-shaped	
<b>2.</b> Rich cultural tradition	<b>6. Vitamin C-rich</b>	
3. High-tech production	7. Healthy	
4. Steam production	8. Matcha is a super-food	















7. Research on the Functionality of Green Tea		
was Initiated in Japan		
Green Tea Components	Contents	Functions
Catechins	10~18%	Anti-oxidative, radioprotective, Anti- mutagenic, Anti-tumor, Enzyme inhibitory, Anti-hypercholesterolemic, Anti-hyperglycemic, Fat reducing, Anti- hypertensive, Anti-ulcer, Anti-bacterial etc.
Caffeine	3~4%	Removal of fatigue, Sleepy feeling, Diuretic etc.
Vitamin C	150~250mg%	Removal of stress, Cold prevention
Vitamin B	1.4mg%	Excitometabolic action of carbohydrates and amino acids
Vitamin E	25~70mg%	Anti oxidative, Aging prevention
$\gamma$ amino butyric acid	0.1~0.2%	Anti hypertensive
Flavonoids	0.6~0.7%	Halitosis prevention
Theanine	0.6~2%	Anti hypertensive

## 8. Matcha is a Super-Food





When you drink matcha, you consume vitamin A (beta carotene), vitamin E (tocophenol), dietary fiber, etc., which cannot be ingested from tea brewed in a teapot.

- ☆ Matcha is delicious.
  ☆ When brewed with a teapot, about 40% of catechins remain in the tea leaves in pot; but with Matcha, all can be ingested.
  ☆ The green color of matcha is beautiful, so
  - it is also used in sweets such as cakes.





