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**Need Energy?**

**…Make It Healthy!**

**B-Complex –** Helps burn fat into energy …lost with sugar, refined carbohydrates (salty snacks, breads and pastries, starchy foods), caffeine, alcohol, stress and medications. Fatigue, irritability, poor [concentration](http://www.psychologytoday.com/basics/attention), anxiety and depression—all can be signs of a B vitamin deficiency.

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| 20186 | 120 caps | SRP $25.50 | **MN $21.70** |
| 20194 | 240 caps | SRP $47.95 | **MN $40.75** |

**Vita Lea –** Backed by 12 clinical trials proving it contributes to longer, healthier lives.

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| 20288 | Vita-Lea with iron-120 caps | SRP $27.10 | **MN $23.05** |
| 20289 | Vita-Lea with iron-240 caps | SRP $48.15 | **MN $40.95** |
| 20286 | Vita-Lea no iron-120 caps | SRP $27.10 | **MN $23.05** |
| 20287 | Vita-Lea no iron-240 caps | SRP $48.15 | **MN $40.95** |
| 20290 | Vita-Lea Gold-120 caps | SRP $30.55 | **MN $25.95** |

**MCj00902370000[1]Energizing Tea with Matcha –** An exclusive blend of antioxidant-rich matcha green (notes on reverse side), white and red teas, as well as amino acid taurine, naturally refreshing energy boost. Forget coffee and amped-up sodas. Here's a safe and natural way to head off the slumps. A cup of green tea contains about 15 to 30 mg of caffeine, but because green tea also contains theanine (an amino acid that calms) it counteracts the effects of caffeine.

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| 22030 | Pomegranate-28 ct | SRP $29.95 | **MN $25.45** |
| 22031 | Green Matcha-28 ct | SRP $29.95 | **MN $25.45** |

**Energy Chews -** Delicious little bites (that resemble the taste of Star Burst candies).  They contain a wide range of **B vitamins for energy and L Theanine, an amino acid for alertness.. plus Vitamins C and D.** Natural green tea extract (120 mg caffeine)… popular with athletes, students, helps avoid drowsy driving & afternoon slumps. **Green Tea provides just enough caffeine** to keep you awake.. (equivalent to half cup of decaffeinated coffee) but never dangerous levels as seen in the mega-caffeine drinks on the market… Very popular with athletes as well…

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| 20158 | 20 ct package | SRP $21.15 | **MN $17.95** |

**Energizing Soy Protein or Life Shakes -**Starting the day with high quality easily digested protein and fiber stabilizes blood sugar and sustains energy. Traditional U.S. breakfast foods are high in carbohydrates … cereal, toast, bagels, pancakes, waffles, pastries at coffee shops. Natural Vanilla or Creamy Cocoa flavor plus Café Latte, Strawberry,.

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| **Energizing Soy Protein** | 20665 Vanilla, 20670 Cocoa | 30 servings | SRP $42.25 | **MN $35.90** |
| **Life Shake Protein Mix** | 21261 Vanilla, 21264 Cocoa  21267 Strawberry, 21270 Café Latte | 15 serving canister  *Notice the difference in your energy in just 30 days* | SRP $48.00 | **MN $40.80** |





Call 708 848-9393 Barbara & Hans Lagoni barb@lagonihealth.com

**About Matcha**

Matcha is a type of green tea, but unlike the more common porous bags of leaves that are steeped, matcha is a finely ground powder that quickly dissolves in liquids. It’s made of specially shade-grown green tea leaves native to Japan and China.

To produce matcha, tea bushes are covered with tarp or bamboo mats for roughly ten days in the spring. Depriving the leaves of sunlight forces them to work harder to soak up the sun’s rays. Leaves then grow wider and produce a brighter green color as they fill up with chlorophyll to combat the lack of light. The result is a batch of tea leaves that are naturally more flavorful and nutrient-rich.

After the 10-day period, the leaves are steamed to stop fermentation and then air dried and stored to retain their bright green coloring. Next, the veins and stems are removed, and the leftover leaves are ground using a stone mill to create the fine powder known as matcha.

**The nutrition and caffeine content of matcha**

With traditional teas, like green tea, leaves are steeped in hot water to produce the drink. This only provides a diluted concentration of the nutrients inside the plant. When using matcha powder, however, the entire leaf is consumed and therefore beverages made with matcha reap all the nutritional and antioxidant values inherent in tea.

“Research shows that matcha contains at least three times the epigallocatechin gallate as steeped green tea. EGCG is the polyphenol known for its ability to slightly boost calorie burn and [has been] studied for its role in reducing cancer cell growth.”—USA Today

This produces a number of benefits:

* + **A nutrient-dense food.** While concentrations of vitamins and minerals will vary between tea brands and blends, matcha tea generally contains some daily allowances of vitamin C, folic acid, calcium, and vitamin B2. While vitamin C provides immune support, calcium supports stronger bones, and B vitamins encourage metabolism and converting food into usable energy.
  + **A caffeine boost (but less than coffee).** Matcha tea has enough caffeine to provide an energy boost, but contains less amounts than coffee (**25 milligrams in an eight-ounce cup** **versus 75 milligrams in coffee**). This can help to stave off the caffeine jitters and impending crash that comes from drinking too many lattes. Matcha’s caffeine content, combined with the additional nutrients and antioxidants, works to create more of a “relaxed awareness” than overdone buzz.
  + **Lots of amino acids.** One of the best benefits of matcha is the amino acid content. Present inside are polyphenols that have been known to fight cancer and stave off heart disease and signs of early aging. In particular, the powder contains an amino acid called L-theaninethat has been used to effectively treat anxiety and high blood pressure, and has been seen as a tool in Alzheimer’s prevention and increasing the effectiveness of cancer drugs. L-theanine also helps to slow the release of caffeine into the body. Slower caffeine absorption allows the body to use the stimulant more effectively and for a longer period of time; and the two compounds work best together to increase cognitive function and enhance moon.