

HEAD SPACE

MATCHA

Myco Matcha

Myco Matcha Tea is part of the Headspace Myco product line, developed specifically for wellbeing professionals and the clients they support. It is made from ceremonial grade Japanese green teas combined with functional mushroom extracts to promote calm focus, nervous system regulation, and sustainable daily energy.

This formulation is intended to support professional practice settings where clarity, balance, and consistency matter—without the sharp stimulation or crashes commonly associated with coffee.

Key Benefits

- Calm, focused energy – Matcha provides natural caffeine balanced by L-theanine to support alertness without overstimulation.
 - Cognitive clarity – Supports focus, attention, and mental endurance during sessions, consultations, or study.
 - Nervous system support – Functional mushrooms traditionally used to support stress resilience and emotional balance.
 - Professional stamina – Helps maintain steady energy across long workdays without spikes or crashes.
 - Antioxidant support – Matcha delivers a rich source of catechins and polyphenols.
 - Digestive-friendly – Generally gentler than coffee for sensitive individuals.
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How to Use

Myco Matcha Tea is versatile and can be enjoyed in both traditional and food-based formats.

Hot or Cold Latte

1. Add 1 gram (1 g) of premixed Myco Matcha Tea to a cup.
2. Pour in 6–8 oz (180–240 ml) of hot (not boiling) water or warm milk of choice.
3. Whisk or stir until fully dissolved.
4. Serve hot, or pour over ice for a cold latte.

Smoothies, Yoghurts, and Milkshakes

- Blend 1 gram (1 g) into smoothies, protein shakes, or milkshakes.
- Stir into yoghurt or kefir for a functional daily boost.
- Combine with fruit, healthy fats, or protein for sustained energy.

Tip: For best flavour and nutrient integrity, avoid boiling water. Ideal temperature is approximately 160–175°F (70–80°C).

Tip: Water temperature around 160–175°F (70–80°C) helps preserve matcha's flavour and nutrients.

Suggested Dosage

- Standard dose: 1 gram (1 g) of premixed Myco Matcha per drink.
- New users: Start with ½ gram (0.5 g) to assess tolerance.
- Experienced users: Up to 1–2 grams per day, depending on sensitivity to caffeine and individual response.

Do not exceed recommended daily use.

Frequency of Use

- Suitable for daily use.
- Best consumed in the morning or early afternoon.
- Avoid use late in the evening due to natural caffeine content.

Benefits to Look Out For

With consistent use, users commonly report:

- More even, focused energy throughout the day
- Reduced afternoon crashes
- Improved mental clarity and productivity
- A calmer, more balanced feeling compared to coffee
- Improved daily wellness and resilience over time

Individual experiences may vary.

Who It's For

- Wellbeing professionals (therapists, coaches, practitioners, facilitators)
- Health and wellness educators
- Professionals working in high-focus, client-facing environments
- Individuals seeking calm energy that supports presence and attentiveness

Important Notes

- Contains natural caffeine from matcha.
- Not recommended for children, pregnant, or breastfeeding individuals unless advised by a healthcare professional.
- If you have a medical condition or are taking medication, consult a healthcare professional before use.

Storage

Store in a cool, dry place away from direct sunlight. Reseal after each use to maintain freshness.