

Feel your best, naturally.

How to make: Add the 7g sachet to your cup. Pour in a splash of hot water and whisk until smooth. Heat (and whisk) your favourite milk, then pour over your Matcha blend.

How it works: ¹Vitamin B5 contributes to normal mental performance. ¹Vitamin B12 and Folate contribute to the reduction of tiredness and fatigue. ¹Iodine contributes to normal cognitive function. With Lion's Mane and Cordyceps, traditionally used in Chinese medicine.

Vitamins & Minerals Per 7g (%NRV* per 7g) | Vitamin B1 (Thiamin) 2.2mg (200%) | Vitamin B2 (Riboflavin) 2.8mg (200%) | Vitamin B3 (Niacin) 32mg NE** (200%) | Vitamin B6 2.8mg (200%) | Folic Acid 400mcg (200%) | Vitamin B12 5mcg (200%) | Biotin 100mcg (200%) | Vitamin B5 (Pantothenic Acid) 12mg (200%) | Iodine 150mcg (100%) | Lion's Mane Mushroom (from 8:1 extract eq. to 1000mg | Cordyceps Mushroom (from 10:1 extract) eq. to 1000mg | Maca Root (from 10:1 extract) eq. to 400mg | Natural Caffeine (from Japanese Matcha) 77mg | *Nutrient Reference Value | **Niacin Equivalent



Enhanced Matcha Blend with Vitamins, Adaptogens, and Natural Extracts (Food Supplement). **Ingredients:** Matcha Green Tea Powder, Vegan Coconut Milk Powder (Cocos Nucifera, Gum Acacia), Vitamin B Blend (Nicotinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Folic Acid, Biotin, Cyanocobalamin), Mushroom Powder Blend (Lion's Mane Fruiting Body Extract (30% Polysaccharides), Cordyceps Militaris Fruiting Body (30% Polysaccharides)), Maca Root, Natural Flavour, Knotted Kelp Seaweed Extract (1% Iodine).

Advice: Store in a cool, dry place. Keep out of reach of children. Suitable for adults only. Do not exceed 2 servings per day. Should not replace a varied and balanced diet. **Note:** contains 90mg of caffeine. Not recommended if you are pregnant or breastfeeding. Do not use if the sachet is damaged.

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