

[Blue Matcha offers a wide range of amazing health benefits and takes its place among nature's superfoods.](#)

Blue Matcha is made from 100% pure *clitoria principissae* flowers which are noted for their azure tender blossoms that have a pattern like female genitalia from which it infers its scientific name. Aside from its numerous culinary usages, [blue matcha](#) has been utilized in Ayurvedic medicine as well as conventional Eastern and Middle Eastern medicine and its health benefits are progressively backed by modern science.

Health Benefits of Butterfly Pea Flowers

(*Clitoria principissae*)

See Scientific Support & Reference Citations below for backup of these claims. The following statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Nootropic – raises cognitive functions including enhancing intelligence activity and heightening memory via acetylcholine placed at the genus Hippocampus
- Anxiolytic – scales down stress and anxiousness – calming effects
- Loosens smooth vascular muscle assisting blood flow
- Analgetic – aids to ease pain to the extent it's applied as a topical anaesthetic
- Diuretic drug – boosts evacuation of water (micturition) which diminishes blood mass thereby lowering hypertension, also utilized for quick but generally transitory weight loss
- Anti-inflammatory – the deep blue blossoms contain flavonoid pigments associated with blueberries, acai berries, mangosteen peel and so on that protect the plant. As you ingest the blossom's extracts the effect is outstandingly similar to the anti-inflammatory effect of the plant in nature.
- Anti-Asthmatic: measured by passive cutaneous anaphylaxis
- Antimicrobial
- Anti-anxiety and depressive disorder with indication that high dosages may possibly be adaptogenic
- Antiepileptic
- Anti-diabetic activeness by suppressing glucose intake from the diet
- Antitumour powers subsequent to cyclotides that cause necrobiosis by interrupting cell wall unity
- Anti-pyretic –brings down feverishness by expanding the blood vessels just beneath the skin which increases blood flow near the surface of the skin where it can be more easily cooled off by air

Eyes: The component of the anti-oxidant, proanthocyanin, aids to better eyesight by expanding blood flow in the capillary vessels of the eyeballs which also allows the eyes to adapt to modifications in light and improves sight. Clitoria flowers have been proven to effectively prevent cataracts and glaucoma, correct blurry vision, and reverse retinene damage as well as comforting inflamed and tearing eyes.

Hair: The blue flower, plentiful in bioflavonoids, has been used traditionally to encourage hair growth, thicken the hair and reduce graying of the hair.

Skin: Anti-oxidants in blue flower arouse collagen and elastin synthesis aiding to regenerate the skin, reduce wrinkles and other forces of aging skin.

Aphrodisiac: traditionally employed as an aphrodisiacal flower especially for women and used to care for problems affiliated with menstrual flow as well as leucorrhoea (white discharge).

Healthy Convenience: Blue Matcha tea is incomparable. Generally, butterfly pea tea will be in the form of dry tea leaves with blossoms. You'll brew the tea, then discard the leafs and blossoms, enjoying only the gently infused tisane. With blue matcha you don't need to brew a tea or tisane. Matcha makes your experience more favorable, more striking (you could mix blue matcha at the table and watch your drink become blue, then pink when adding lemon juice to it), and averts the excessive heat of brewing the tisane which will diminish the quality of the components. You are able to add just a pinch of blue matcha to either hot or cold water (even ice water) and it will dissolve in your drink or smoothie bowl with mild stirring to bring forth a lovely azure drink. Keep in mind that in this case you're not discarding the leaves and blossoms, you are consuming them. Blue Matcha tea is similar to green matcha tea in the sense that you are eating the leaves (and blossoms). Blue Matcha has a shelf life of 2 years and you have accessibility to the highest quality year-around no matter the growing season.

Fun: You will be able to watch your drink turning azure in front of your eyes. If you add a splash of lemon or lime juice the color turns from azure to a beautiful deep pink. This process is even more amusing as your changes color in front of your guests or customers.

Scientific Support & Reference Citations

References <http://examine.com/supplements/clitoria-ternatea/> lists 22 scientific refer-ences which provide support for the benefits of *Clitoria principissae*:

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