

iced matcha tea latte nutrition

iced matcha tea latte nutrition is a topic of growing interest among health-conscious consumers and tea enthusiasts alike. This refreshing beverage combines finely ground green tea leaves with milk and ice, offering a unique flavor profile and a range of potential health benefits. Understanding the nutritional aspects of an iced matcha tea latte can help individuals make informed choices about incorporating it into their diets. This article explores the calorie content, macronutrient composition, vitamins, minerals, and antioxidants found in this popular drink. Additionally, it addresses variations in nutrition based on different preparation methods and milk alternatives. The following sections provide a detailed breakdown of the nutritional value of iced matcha tea lattes and their potential impact on health.

- Calorie and Macronutrient Profile of Iced Matcha Tea Latte
- Vitamins, Minerals, and Antioxidants in Matcha
- Impact of Milk and Milk Alternatives on Nutrition
- Health Benefits Associated with Iced Matcha Tea Latte
- Considerations for Sugar and Sweeteners

Calorie and Macronutrient Profile of Iced Matcha Tea Latte

The calorie and macronutrient content of an iced matcha tea latte depends largely on the ingredients used, including the type and amount of milk, sweeteners, and matcha powder. Typically, a standard serving ranges from 8 to 16 ounces and contains a modest caloric load, making it suitable for various dietary preferences.

Calories

Calories in an iced matcha tea latte come primarily from the milk base and any added sweeteners. Unsweetened versions tend to be lower in calories, often ranging from 70 to 150 calories per serving. The matcha powder itself contributes minimal calories, generally less than 5 calories per teaspoon due to its concentrated form.

Macronutrients: Carbohydrates, Proteins, and Fats

The macronutrient breakdown varies depending on the milk used:

- **Carbohydrates:** Present mainly in the form of lactose in dairy milk or natural sugars in plant-based milks. Added sweeteners increase carbohydrate content significantly.
- **Proteins:** Dairy milk provides approximately 8 grams of protein per cup, while plant-based alternatives such as almond or oat milk offer less, typically between 1 to 4 grams.
- **Fats:** The fat content ranges widely; whole milk contains around 8 grams per cup, whereas skim milk has nearly zero fat. Plant milks vary, with almond milk being low in fat and coconut milk higher.

Vitamins, Minerals, and Antioxidants in Matcha

Matcha green tea is well-known for its dense nutrient profile, rich in vitamins, minerals, and antioxidants. The powdered form of green tea provides a more concentrated source of nutrients compared to traditional brewed tea.

Key Vitamins and Minerals

Matcha contains several essential nutrients, including:

- **Vitamin C:** Supports the immune system and skin health.
- **Vitamin A:** Important for vision and cellular growth.
- **Potassium:** Helps regulate fluid balance and muscle contractions.
- **Calcium:** Vital for bone health, especially when dairy milk is used.
- **Iron:** Contributes to oxygen transport in the blood.

Antioxidant Properties

One of the most significant nutritional advantages of iced matcha tea latte is its high antioxidant content, primarily due to catechins such as epigallocatechin gallate (EGCG). These compounds have been studied for their ability to combat oxidative stress, reduce inflammation, and potentially lower the risk of chronic diseases.

Impact of Milk and Milk Alternatives on Nutrition

The choice of milk or milk alternative in an iced matcha tea latte drastically influences its nutritional value. Different types of milk vary in calorie content, macronutrients, and micronutrients, affecting the overall profile of the drink.

Dairy Milk Options

Dairy milk is a traditional choice for matcha lattes and offers a balanced source of protein, calcium, and vitamin D. Whole milk adds creaminess and fat, which can contribute to satiety, while skim or low-fat milk reduces calorie and fat content.

Plant-Based Milk Alternatives

Popular plant-based options include almond, soy, oat, and coconut milk. Each has distinct nutritional characteristics:

- **Almond milk:** Low in calories and fat but also low in protein.
- **Soy milk:** Higher in protein, comparable to dairy milk, and often fortified with vitamins.
- **Oat milk:** Contains moderate protein and higher carbohydrates, with a creamy texture.
- **Coconut milk:** Higher in saturated fats and calories, but low in protein.

Fortification of plant milks with calcium and vitamin D is common, enhancing their nutritional contribution to the latte.

Health Benefits Associated with Iced Matcha Tea Latte

The nutritional composition of iced matcha tea latte provides several health benefits, largely attributed to the antioxidant content of matcha and the nutrients supplied by the milk base.

Energy and Mental Alertness

Matcha contains caffeine and L-theanine, an amino acid that promotes

relaxation without drowsiness. Combined, these compounds can enhance focus and sustain energy levels, making iced matcha tea latte a popular choice for a balanced stimulant effect.

Antioxidant and Anti-Inflammatory Effects

The high concentration of catechins in matcha supports the body's defense against oxidative stress and inflammation. Regular consumption may contribute to cardiovascular health, improved metabolism, and protection against certain chronic conditions.

Weight Management Support

Some studies suggest that green tea catechins can aid in weight management by boosting metabolism and promoting fat oxidation. When consumed as part of a balanced diet, iced matcha tea latte may complement weight control efforts.

Considerations for Sugar and Sweeteners

The nutritional profile of iced matcha tea latte can be significantly altered by the addition of sugar and sweeteners. Many commercially prepared versions include syrups or added sugars, increasing calorie and carbohydrate content.

Impact of Added Sugars

Excessive sugar intake is associated with various health risks, including obesity, type 2 diabetes, and cardiovascular disease. Therefore, monitoring the amount of sugar in matcha lattes is important for maintaining a healthy diet.

Healthier Sweetening Alternatives

To reduce added sugar consumption, individuals can opt for natural sweeteners such as stevia, monk fruit, or small amounts of honey. These alternatives provide sweetness with fewer calories or lower glycemic impact, preserving the nutritional integrity of the iced matcha tea latte.

Frequently Asked Questions

What are the main nutritional benefits of an iced

matcha tea latte?

An iced matcha tea latte is rich in antioxidants, particularly catechins, which help reduce inflammation and support heart health. It also provides a moderate amount of caffeine for energy and contains vitamins like vitamin C and A from the matcha powder.

How many calories are typically in an iced matcha tea latte?

A standard 16-ounce iced matcha tea latte made with whole milk and sweetener contains approximately 200 to 300 calories, but this can vary depending on the type of milk and amount of sweetener used.

Is iced matcha tea latte a good source of protein?

The protein content in an iced matcha latte depends mainly on the milk used. Cow's milk or high-protein plant-based milks like soy can provide around 6-8 grams of protein per serving, while other milks like almond or coconut are lower in protein.

Does iced matcha tea latte contain sugar, and how much?

Most iced matcha tea lattes contain added sugar or sweeteners unless ordered unsweetened. A typical sweetened latte can have 20-30 grams of sugar, but sugar-free versions are available or can be customized.

Can iced matcha tea latte aid in weight loss due to its nutrition profile?

Matcha contains compounds that may boost metabolism and fat oxidation, which can support weight loss when combined with a healthy diet and exercise. However, added sugars and high-calorie milk can offset these benefits.

Is iced matcha tea latte suitable for people with lactose intolerance?

Yes, iced matcha tea lattes can be made with lactose-free or plant-based milks such as almond, oat, or soy milk, making them suitable for people with lactose intolerance.

How does the caffeine content in an iced matcha tea latte compare to coffee?

A 16-ounce iced matcha tea latte typically contains about 70 mg of caffeine, which is less than a similar-sized coffee that usually has 150-200 mg,

providing a gentler energy boost.

Are there any vitamins or minerals present in iced matcha tea lattes?

Yes, iced matcha tea lattes contain vitamins such as vitamin A, C, and K from the matcha powder. The milk also contributes calcium, vitamin D, and B vitamins depending on the type used.

How can I make my iced matcha tea latte healthier nutritionally?

To make a healthier iced matcha tea latte, opt for unsweetened or lightly sweetened versions, use low-fat or plant-based milk, and avoid added syrups. This reduces calories and sugar while retaining the antioxidants and caffeine benefits.

Additional Resources

1. The Nutritional Benefits of Iced Matcha Tea Latte

This book explores the health advantages of incorporating iced matcha tea lattes into your daily diet. It details the rich antioxidant content, metabolism-boosting properties, and potential weight management benefits of matcha. Readers will also find tips on selecting high-quality matcha powder and preparing the perfect iced latte.

2. Matcha Tea Latte: A Guide to Healthy Refreshment

Focusing on the nutritional profile of matcha tea lattes, this guide delves into the vitamins, minerals, and natural compounds present in matcha. It also compares the health impacts of iced versus hot matcha lattes and offers recipes for nutritious variations with alternative milk options. Ideal for health-conscious tea lovers.

3. Supercharge Your Energy with Iced Matcha Tea Lattes

Discover how iced matcha tea lattes can provide a clean, sustained energy boost without the jitters associated with coffee. The book explains the role of L-theanine and caffeine in matcha and how they work synergistically to enhance focus and mental clarity. Nutritional insights and preparation methods are included to maximize benefits.

4. Green Elixir: The Science Behind Matcha Tea Latte Nutrition

This scientific approach to matcha nutrition examines the biochemical compounds that make matcha a superfood. The author discusses catechins, chlorophyll, and other phytonutrients found in matcha tea lattes, emphasizing their antioxidant and anti-inflammatory effects. The book also addresses common myths and offers practical advice for daily consumption.

5. Refreshing Wellness: Iced Matcha Tea Latte Recipes and Nutrition

Combining delicious recipes with nutritional information, this book is perfect for those who want to enjoy iced matcha lattes while maintaining a balanced diet. It includes creative ways to sweeten and flavor your latte naturally, along with guidance on calorie content and nutritional adjustments for specific dietary needs.

6. Matcha Latte Magic: Unlocking the Nutritional Power of Green Tea

Explore the cultural history and modern nutritional science of matcha tea lattes in this comprehensive book. It highlights how the powdered green tea is processed and how its nutritional value is preserved in iced lattes. Readers will learn about antioxidants, detoxification, and how to incorporate matcha into a healthy lifestyle.

7. The Ultimate Guide to Iced Matcha Tea Latte Nutrition and Wellness

This all-encompassing guide covers everything from the basics of matcha nutrition to advanced health benefits of regular iced matcha consumption. It features expert interviews, nutritional charts, and tips for making your iced matcha tea latte both delicious and healthful. The book also discusses potential allergens and dietary considerations.

8. Healthy Hydration: Exploring the Nutritional Aspects of Iced Matcha Tea Lattes

Focusing on hydration and nourishment, this book explains how iced matcha tea lattes contribute to overall fluid intake while providing essential nutrients. It discusses the balance of hydration with caffeine content and offers advice on maintaining optimal health through mindful beverage choices. Additionally, it covers the environmental impact of matcha production.

9. From Leaf to Latte: The Nutritional Journey of Iced Matcha Tea

Trace the path of matcha from cultivation to your iced latte glass in this detailed narrative. The book highlights the nutritional changes that occur during processing and preparation, ensuring readers understand how to maximize nutrient retention. It also includes tips on selecting organic matcha and making nutrient-dense iced beverages at home.

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iced matcha tea latte nutrition: The Okinawa Diet Cookbook: Recipes For Optimal Health, Vitality and Longevity Monika Shah, The Okinawa Diet Cookbook: Recipes For Optimal Health, Vitality and Longevity This book has been designed for people who are looking to start

cooking Okinawan food (especially known for longevity and optimal health), offering easy-to-follow recipes and essential tips to make each dish a success. Let's take a closer look at what this book has to offer: 100+ Okinawan Recipes: The book comes with well over 100 Okinawan recipes that are beginner-friendly. You will find recipes for Breakfast, Appetizers, Snacks, Soups & Stews, Main Dishes, Rice and Noodle Dishes, Side Dishes, Fermented Foods, Desserts, and Beverages. Separated Sections for Vegetarian and Non-Vegetarian Recipes: The book also offers easy and time-saving navigation as it comes with separate sections for vegetarian and non-vegetarian recipes for each category. The Top 5 Recipes: The book offers three unique sections where it covers the Top 5 Okinawan recipes. This includes Recipes for Festivals, 5-Ingredient Recipes, and Pack & Take With You Recipes. Accurate Nutritional Information: Each recipe comes with accurate Nutritional Information Tables to help people know what nutrition they are getting and in what quantities. This book is perfect for anyone interested in Okinawan cuisine, known for its great health benefits, wellness, and simply delicious, wholesome food. The Okinawa Diet Cookbook is more than just a cookbook—it's a way to change your life, one meal at a time.

iced matcha tea latte nutrition: Menolicious Mariella Frostrup, Belles Berry, 2025-09-23 Menolicious is the essential cookbook for anyone navigating the challenges and changes of midlife; co-authored by two women passionate about food and feeling your best through perimenopause, menopause, and beyond. Menopause awareness campaigner Mariella Frostrup and chef and daughter of Mary Berry, Belles Berry have teamed up to provide you with a menopause survival toolkit of quick, easy, and supremely delicious recipes to ease key symptoms of the menopause. Discover over 100 easy and nutritious recipes designed to help balance hormones, boost energy levels, improve weight management, and help you embrace the freedom of a new stage of life. You'll find recipes for: Anti-inflammatory breakfasts: Kale pancakes with tahini butter Fibre-packed salads: Ras el hanout rice salad with orange and cumin dressing Anti-bloat lunches: Poached salmon with pak choi and mushrooms Metabolism-boosting dinners: Coconut chicken and black bean stew Designed with nutrition and ease in mind, ninety percent of recipes are prepared in 30 minutes or less and are developed with an industry-leading nutritionist to ensure they are packed full of essential nutrients, a diverse variety of plants, and tasty, satisfying alternatives to less-healthy sugar and starch-heavy dishes. This is not just a recipe book, it's the timeless gift of good food and straightforward nutrition to help you re-calibrate and eat your way to a better menopause.

iced matcha tea latte nutrition: Healing through Nutrition Eliza Savage MS, RD, CDN, 2020-03-24 Harness the healing power of plant-based foods Natural medicine isn't just herbs and oils—what you eat every day has the power to support your health and well-being. Healing through Nutrition is your essential guide to 50 plant-based foods packed with vital nutrients like antioxidants and dietary fibers. With this nutrition reference at your fingertips, it's easy to integrate more plants into your diet—and invite their healing properties into your life. Discover some of the greatest benefits of plant-based nutrition and learn the basics about food and beverage remedies. With details for a wide variety of superfoods—vegetables, fruits, whole grains, nuts, herbs and spices, even coffee and tea—you'll find resources for many common health problems. In Healing through Nutrition, you'll find: 50 healing sources—Get acquainted with each food's restorative powers, the medical conditions it may benefit, and how you can use it in your everyday life. 94 nourishing recipes—Integrate each nutrition source into your life with one or two accompanying recipes, like Apple Cinnamon Ginger Oats, Chickpea-Stuffed Acorn Squash, Grapefruit Avocado Salad, and more. Food as medicine—Explore a short history of nutritional healing and get the rundown on adding medicinal foods to your diet for overall wellness. Apply Mother Nature's helping hand to many possible health issues with Healing through Nutrition.

iced matcha tea latte nutrition: Cancer Hates Tea Maria Uspenski, 2016-12-13 Drink Tea to Tell Cancer 'Hit the Road' Become a tea lover with a purpose and help your body defend itself against cancer. Learn to embrace tea in all its varieties— green, white, black, pu-erh, herbal and more—as both a mental and physical experience to protect your health. Discover the history, growing information and health implications of each variety, as well as uniquely delicious methods to

boost your intake with serving suggestions, food pairings and recipes that highlight the benefits of tea. After her own battle with cancer, Maria Uspenski extensively researched tea and discovered hundreds of studies that showed how powerful a five-cup-a-day (1.2 L) steeping habit could be. Tea is the most studied anti-cancer plant, with over 5,000 medical studies published on its health benefits over the past 10 years. By breaking down how tea works with your body's defenses against cancer in a lighthearted tone, Maria's serious research is approachable and relatable for anyone who is battling the disease or for family and friends of those fighting cancer. Start harnessing the wellness-promoting properties of tea and see your life change with an easy-to-follow three-week plan that gets tea polyphenols streaming through your system 24/7.

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Drink your way to ketosis Going keto doesn't mean giving up the satisfaction or convenience of smoothies. These rich and flavorful recipes toss out traditional ingredients like milk and sugary fruits, offering enjoyable alternatives that will help you keep your carbs low and achieve your health goals. What sets this healthy smoothie recipe book apart: Keto smoothies explained—Learn all about the science of smoothies and how they can become an important cornerstone of a successful keto diet. 75 tasty recipes—From Chocolate Hazelnut to Virgin Bloody Mary, discover a full range of ketofied recipes—complete with plenty of mouthwatering photos—that are sure to satisfy. Clear carb counts—Each smoothie lists its total carb count right at the top of the page, making it easy to find the options that will fit into your day. Beginner-friendly options—New to the keto diet? Choose from a selection of hydrating and restorative recipes designed to help fight the keto flu and keep you feeling your best. Keep smoothies on the menu with this standout smoothie cookbook.

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iced matcha tea latte nutrition: The Essential Oils Menopause Solution Dr. Mariza Snyder, 2025-02-04 Alleviate the symptoms of perimenopause and menopause with simple and safe DIY diffusions, tonics, and tinctures made with essential oils, from "a true innovator and thought leader in the field of women's hormone health" (JJ Virgin, New York Times bestselling author of The Virgin Diet). What if menopause didn't have to be a struggle? Your body is always changing—necessarily and beautifully—throughout life. During menopause, however, declining ovarian function and fluctuating hormones often clash with environmental toxins, stress, and digestive distress, leading to the symptoms we have been told we should expect: hot flashes, weight gain, brain fog, low libido, and irritability. But as women's hormonal health expert and bestselling author Dr. Mariza Snyder explains, you can and deserve to experience a good night's sleep, clear thinking, stable moods, an energized metabolism, and pain-free sex. The solution is not to medicate the changes, but instead get to the root cause of what's really going on in the body. In *The Essential Oils Menopause Solution*, Dr. Mariza offers a cutting-edge, comprehensive plan to do just that, including: • a clear explanation of what's happening in your body before, during, and after "the change," and how certain lifestyle triggers exacerbate hormonal imbalance. • the latest science behind the benefits of essential oils as safe, effective solutions for perimenopause and menopause symptoms. • more than 75 recipes and protocols designed to provide solutions for deep, restful sleep, anxiousness, mood swings, fatigue, hot flashes, low libido, brain fog, vaginal dryness, digestive distress, and much more. • a proven

21-day hormone-balancing program complete with meal plans, exercise recommendations, supplementation, and herbal therapies designed to reverse the myriad of symptoms affecting millions of women today. • easy self-care rituals to support every system of your body—from digestion and vaginal health to mitochondrial and liver function—throughout the perimenopausal and menopausal transition. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman's health from the ground up. In as little as twenty-one days, The Essential Oils Menopause Solution will help you reclaim vibrant, optimal, and long-lasting health.

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No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stepfanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

iced matcha tea latte nutrition: The Feel-Good Way Cara Clark, 2025-05-13 A sustainable, science-based plan for nourishing your body, mind, and spirit from a celebrity nutritionist and bestselling co-author of The Wellness Remodel “Cara’s approach to diet and health is a lifestyle that is completely attainable for anyone who is seeking to take care of this one precious body that God has given to them.”—Carrie Underwood, from the foreword As a certified nutritionist who works with celebrities, professional athletes, and people from all walks of life, Cara Clark knows that taking care of yourself physically does not need to add to your hardship with deprivation or crash diets. And it doesn’t have to mean completely overhauling your life. Packed with nearly a hundred easy, delicious, macro-balanced recipes—including Peach Berry Cobbler Overnight Oats, Make-Ahead Pad Thai, Chili Lime Chicken, and nourishing snacks, smoothies, shakes, bowls, and desserts—The Feel-Good Way will empower you to become an expert on the food that fuels your body and soul. With the Feel-Good fundamentals, there is no deprivation and no absolute restrictions—it’s not all all-or-nothing approach. Instead, only a forever healthy lifestyle that you’ll want to continue because it makes you feel good, inside and out. Whether you’ve tried every diet and ended up more discouraged or you’re looking for creative, healthy recipes that your family will love, The Feel-Good Way is an essential guide to a better kitchen and a better life.

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more!

iced matcha tea latte nutrition: Chemistry and Applications of Green Tea Takehiko Yamamoto, Lekh Raj Juneja, sDjong-Chi Chu, Mujo Kim, 1997-07-31 Green tea (*Thea sinensis*), a time-honored drink in Japan for more than 1,000 years, is used medicinally and as refreshment after meals. Recent studies suggest a correlation between the natural antioxidants found in green tea and overall good health. This exciting new text explores the many useful properties of green tea that have been scientifically investigated. These include:

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iced matcha tea latte nutrition: Green Tea Recipes Dr Jim Russell, 2021-03-11 Green tea is a type of tea that is made from *Camellia sinensis* leaves and buds that have not undergone the same withering and oxidation process used to make oolong teas and black teas. Green tea originated in China, but its production and manufacture has spread to other countries in East Asia. Several varieties of green tea exist, which differ substantially based on the variety of *sinensis* used, growing conditions, horticultural methods, production processing, and time of harvest. Although there has been considerable research on the possible health effects of consuming green tea regularly, there is little evidence that drinking green tea has any effects on health. Green tea is, hands down, the best beverage after water. This traditional Chinese medicine has innumerable health benefits. Be it cardiovascular or neurodegenerative diseases, obesity, diabetes, skin disorders, kidney disease or cancer, the antioxidants in green tea can fight them all. But, the problem is, most of us do not know the correct way to prepare green tea. And, if you don't prepare it correctly, it will not provide any health benefit and will end up tasting bitter and grassy. So, it is important that you understand and master the method of preparing green tea. Read on to find out how to make green tea, that will rejuvenate and cleanse your body. But first, let me tell you a tad bit about green tea. The practice of drinking green tea originated in China. Legend has it that it was discovered by Shannong, the Emperor of China, in 2737 B.C when a few tea tree leaves fell into his cup of boiled water. Later, Chinese monks started drinking green tea for refreshment and to help them meditate. They would often travel to India and other places to spread Buddhism, and they took this miracle drink with them. Thereafter, green tea gained popularity. Green tea or *Camellia sinensis* is a non-fermented tea that is rich in antioxidants. Though green tea, black tea, and oolong tea all come from the same plant, *Camellia sinensis*, green tea leaves have to be picked differently. The tea pickers have to pick the fresh leaves from the apex. These leaves are then processed in a way that prevents too much oxidation. And it is this picking and processing ritual that makes green tea so antioxidant-rich. The green tea from China has smaller leaves whereas the green tea from Assam, India has larger leaves. However, both provide the same health benefits. Green tea (*C. sinensis*) is an unfermented tea. The

traditional method of processing green teas involves withering (though not always), heating, rolling, and drying. It has anti-inflammatory, anti-irritation, and cellulite-reducing properties due to its high content of xanthines. Green tea is a popular ingredient in weight loss supplements since it is able to increase the metabolic resting rate and the release of noradrenaline (NA) determining brown adipose tissue thermogenesis. Moreover, supplementation with green tea reduce low-density cholesterol, the incidence of type 2 diabetes, and prevent cardiovascular and neurodegenerative diseases including Alzheimer. Green tea, when consumed at high dose, decreases headache, nausea

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