

Product of Argentina

RNE: 14000483 / 14000368 RNPA: 14025172

WWW.YERBAMATE.COM



Supplement Facts

Serving Size 6 g (makes 8 fl oz prepared)

Servings Per Container About 76

	Amount Per Serving	% DV*
Calories	10	
Organic Yerba Mate Leaf and Stem	6 g	†
Caffeine	50 mg	†
Theobromine	4 mg	†

* Percent daily values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Ingredients: 100% Organic Yerba Mate Leaf & Stem

Distributed by Mate Revolution Inc.
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Certified Organic by Oregon Tilth (OTCO)

GLUTEN FREE

Yerba Mate Preparation

Hot:

Use a percolator, French press, tea ball, tea press, tea pot, strainer, or espresso machine. Add one tablespoon per 8 oz of water. Moisten herb with cool water before brewing. Don't use boiling water; 170°F is ideal. Steep 4-6 minutes. Drink 1-2 cups daily for optimum results.

Iced:

Brew hot tea at double strength and add ice.

More Options:

Blend with herbs for added benefits.

Sip traditional-style through a bombilla (tea straw).

Front illustration by Ketzia Schoneberg, www.ketzia.com
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YERBA MATE

UNSMOKED LEAF & STEM

WHOLE PLANT

Yerba mate tea is brewed from the leaves of a holly tree native to the rainforests of South America. ECOTEAS yerba mate is dried with warm air instead of smoke for a clean, smooth taste.

A SUSTAINED ENERGY TEA SUPPLEMENT*

- Enhances physical energy*
- Stimulates mental clarity*
- Supports weight loss regimens that include a balanced diet and exercise*
- Elevates mood*
- Aids elimination*

ANTIOXIDANT POWER

When brewed as directed, this tea provides an ORAC value of 11,000 µmolTE/240mL, which is 5.5 times stronger than a typical cup of green tea.

Naturally Caffeinated Herbal Supplement

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

500 g

OUR ECO COMMITMENTS



Long before we started ECOTEAS, we were organic gardeners. For us, organic comes first.



As three best friends working in partnership with small farmers around the world, Fair Trade is just part of who we are.



Our love of nature runs deep. Planting native trees in South America is a small gift back to the world.



We offset our office electricity usage with green energy from the Bonneville Environmental Foundation (BEF).



For every eight ounces of water used to brew our tea, we work with BEF to restore eight ounces of water to the Klamath River Watershed in southern Oregon.

Organic means Non-GMO!
Our products are made with 100% non-GMO ingredients.

Learn more at YERBAMATE.COM



YERBA MATE

UNSMOKED LEAF & STEM

WHOLE PLANT



TRADITIONAL CUT

Naturally Caffeinated Herbal Supplement

ONE POUND LOOSE

Net Wt 16 oz (1 lb) 454 g



500 g