

Supplement Facts

Serving Size 5g (makes 8 fl oz prepared)
Servings Per Container 75

	Amount Per Serving	% DV*
Calories	15	
Organic Yerba Mate Leaf**	8 g	1
Caffeine	68 mg	1
Theobromine	7 mg	1

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

† Daily Value (DV) not established.

** Fair for Life Fair Trade certified ingredient.

Distributed by Mate Revolution Inc., PO BOX 1192
Ashland, OR 97520 USA 800.839.0775 info@ecoteas.com
www.ecoteas.com Certified Organic by Oregon Tilth
(OTCO), USDA Accredited, Fair for Life Fair Trade
certified by IMO. Made with 100% certified fair trade
ingredients.

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:

Steep directly in cold water - no heat required.
Strain and steep after 10+ minutes. Add ice, sweetener
and citrus to taste.

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

PURE
LEAF

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 10,000
µmolTE/240mL, which is 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.

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.



Nature knows best.
We can grow plenty of food
without upsetting the balance.



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).



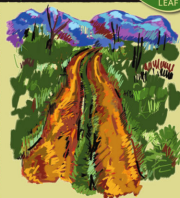
For every eight ounces of water used
to brew our tea, we work with BEF
to restore eight ounces of water to
the Klamath River Watershed in
southern Oregon.

Learn more at ECOTEAS.COM



YERBA MATE UNSMOKED

PURE
LEAF



GREEN ENERGY

Naturally Caffeinated Herbal Supplement

ONE POUND LOOSE

NET WT 16 OZ (1 LB) / 454 g



Product of Argentina

RNE: 14000483 / 14000368 RNPA: 14023004

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