

ent Daily Values (DV) are based on a 2,000 calorie * Fair for Life certified fair trade incredient

Distributed by Mate Revolution Inc., PO BOX 1192 Ashland, OR Certified Fair for Life by IMO, Made with 100% certified fair

GLUTEN FREE

Preparation

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. Stir and strain 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).

Naturally Caffeinated "Yerba Mate - Holy Mate!" - Black Tea - Green Tea - Holy Jasmine!"

Roolbos - Roolbos Chai - Tulsi Front Bustration by Ketzla Schoneberg, www.ketzla.com @ & © 2013 Mate Revolution Inc. All Rights Reserved









YERBA MATE

Yerba mate is a holly tree native to the rainforests of South America. Its leaves are brewed into a stimulating, antioxidant-rich beverage, Mate (sav "mah-tav"). Our verba mate is dried with warm air instead of smoke for a smooth, clean 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 supplement has an ORAC value of 5,000 umolTE/240 ml, which is 2.5 times stronger than a typical cup of green tea brewed with a tea bag.

Naturally Caffeinated Herbal Supplement

to diagnose, treat, cure or prevent any disease.

Our Eco Commitments



ong before we started EcoTeas, we were onganic gardeners. For us, onganic comes first,



As three best friends working in partnership



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





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



eight ounces of water to the Rogue River Watershed in southern Oregon.





Fair Trade is just part of who we are.





We want to leave a better world for our kids. Let's cut down fewer trees. And no more plastic in the oceans, please!

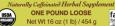


For every eight ounces of water used to

Learn more at ECOTEAS.COM











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