

Supplement Facts

Serving Size 6g (makes 8 fl oz prepared)

Servings Per Container: About 16

	Amount Per Serving	%DV*
Calories	10	
Organic Yerba Mate Leaf**	6 g	†
Caffeine	60 mg	†
Theobromine	7.2 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

** Fair for Life certified fair trade ingredient.

Distributed by Mate Revolution Inc., PO BOX 1192 Ashland, OR 97520 USA 800.830.0775 info@ecoteas.com www.ecoteas.com
Certified Organic by Oregon Tilth (OTCO), USDA Accredited.
Certified Fair for Life by IMO. Made with 100% certified fair trade ingredients.

GLUTEN FREE

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. 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).

Ecoteas Products

Try all our organic & fair trade teas!

Naturally Caffeinated

Yerba Mate • Holy Mate® • Black Tea • Green Tea • Holy Jasmine®

Naturally Caffeine-Free

Rooibos • Rooibos Chai • Tulsi

Front Illustration by Ketrin Schoneberg. www.ketrin.com

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ECO TEAS®
ORGANIC & FAIR TRADE

YERBA MATE UNSMOKED

Yerba mate is a holly tree native to the rainforests of South America. Its leaves are brewed into a stimulating, antioxidant-rich beverage, Mate (say "mah-tay"). Our yerba 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

*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.

Product of Argentina

RNE: 14000483/14000368 RNPA: 14023004

www.ecoteas.com



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



We offset our office electricity usage with green tags 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 Rogue River Watershed in southern Oregon.

Learn more at ECOTEAS.COM



ECO TEAS®
ORGANIC & FAIR TRADE

YERBA MATE UNSMOKED



GREEN ENERGY

Naturally Caffeinated Herbal Supplement

ONE POUND LOOSE

Net Wt 16 oz (1 lb) / 454 g

