

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

HOLY MATE!

UNSMOKED YERBA MATE WITH TULSI & PEPPERMINT

CALM ENERGY

Naturally Caffeinated Herbal Supplement

ZERO WASTE PACKAGING

24 Compostable Tea Bags
Net Wt 1.7 oz (48 g)

Supplement Facts

Serving Size 1 tea bag (2 g / makes 8 fl oz prepared)
Servings Per Container 24

	Amount Per Serving	%DV*
Calories	5	
Proprietary Blend	2 g	
Organic Yerba Mate™	1	†
Organic Krishna Tulsi	1	†
Organic Rama Tulsi	1	†
Organic Vana Tulsi	1	†
Organic Peppermint	1	†
Caffeine	22 mg	1
Theobromine	1.9 mg	1

* 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. 800.839.0775 info.ecoteas.com www.ecoteas.com
Certified Organic by Oregon Tilth (OTCO), USDA Accredited.
Certified Fair for Life by IMO. Made with a minimum of 80% certified fair trade ingredients. Packaged in Canada.

GLUTEN FREE

Holy Mate® Preparation

Hot: To release the full flavor and benefits of Holy Mate®, steep one tea bag in 8 oz of 170°F water for 5 minutes.

Iced: Holy Mate® requires hot water to release its beneficial properties and flavor. Brew hot tea at double strength, then add ice.

Special Instructions: Moisten herb with cool water before brewing. Don't use boiling water. Add another tea bag with each re-pour.

Front Illustration by Ketzia Schoneberg. www.ketzia.com
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www.ecoteas.com



For more info about our award-winning packaging, scan here or visit www.yerbamate.com/packaging



Best Before:
Lot #:

ZERO WASTE PACKAGING

This carton is made from 100% post-consumer recycled paper/board. Please recycle it again.
The wrappers that seal each tea bag are made from a compostable "biofilm." Please compost along with the tea bag.



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When brewed as directed, this tea provides an ORAC value of 3,000 µmolTE/240mL, which is slightly stronger than a typical cup of green tea.

Antioxidant Power

- Reduces the negative effects of stress*
- Increases endurance
- Supports weight loss regimens that include a balanced diet and exercise
- Stimulates mental clarity
- Enhances physical energy

A Calm, Sustained Energy Tea Supplement†

Experience the fusion of two ancient herbal traditions with EcoTeas Holy Mate!™ Tulsi is India's "Queen of all herbs." Yerba mate is South America's "Gift from the Gods." While tulsi takes the weight off your shoulders, yerba mate puts the spring in your step. We've combined them for a balanced supply of stress-free energy.

*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.

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