WHAT IS YERBA MATÉ?

Yerba maté (Ilex paraguariensis) is a small evergreen tree (a member of the holly family) that is native to South America. It is indigenous to the subtropical forests of Brazil, Paraguay, Argentina and Uruguay. It has been used for centuries by the native Guarani Indians and is often referred to as “The Drink of the Gods” and “The Green Gold of the Indios”. These indigenous people have been using the leaves of this plant as a common cure for many ailments making good use of its nutritional and medicinal properties. They use it to boost immunity, cleanse and detoxify the blood, tone the nervous system, restore youthful hair colour, retard aging, combat fatigue, stimulate the mind, control the appetite, reduce the effects of debilitating disease, reduce stress, and for insomnia.

Traditionally, Yerba maté tea is drunk from a gourd (called a mate) in which it is prepared. The processed dried Yerba maté leaves are steeped in hot, but not boiling, water. It is then sipped through a metal straw (called a bombilla) which has holes in it so that the liquid comes through, but the leaves are filtered out. In modern South America, Yerba maté is the national drink and the drinking of this tea has become ritualized and consumed like coffee and green tea are in Western and Eastern countries.

Scientific research done over the last two decades is revealing and verifying this plant’s many health benefits and therapeutic properties. Yerba maté has won many admirers throughout the world and is being recognised as a safe and effective stimulant with few side effects and many health benefits. Every person interested in optimum health should see this plant as nature’s most balanced stimulant - “An invigorator of the mind and body, a natural source of nutrition, and a health promoter.”

Yerba maté contains 196 active compounds and has 24 vitamins and minerals, 15 amino acids and contains high antioxidant levels. The 196 active compounds it contains invigorate body and mind while being a natural source of nutrition. Research provides data about the wealth of life-sustaining vitamins, minerals and nutrients that are abundant in Yerba maté. Of the six commonly used stimulants in the world: Yerba maté, coffee, tea, kola nut, cocoa and guarana, Yerba maté triumphs as the most balanced, delivering both energy and nutrition.

• Vitamins: A, C, E, B1, B2, Niacin (B3), B5, B Complex
• Minerals: Calcium, Manganese, Iron, Selenium, Potassium, Magnesium, Phosphorus, Zinc
• Additional Compounds: Carotene, Fatty Acids, Chlorophyll, Flavonols, Polyphenols, Inositol, Trace Minerals, Antioxidants, Tannins, Pantothenic Acid and 15 Amino Acids.
• Theophylline, theobromine, and caffeine

Yerba maté may serve as a 12-in-1 functional herb. This stimulating herbal beverage can be used as a whole body tonic and a healthy alternative to coffee.

These 12 powerful benefits are as follows:
• Suppresses appetite
• Burns fat
• Stimulates the heart
• Sustains energy levels and reduces fatigue
• Activates the metabolic process
• Helps improve digestion
• Is an effective anti-oxidant
• Encourages cleansing and detoxifying
• Is a rich source of essential vitamins and minerals
• Provides a mild diuretic effect
• Boosts the immune system
• May enhance alertness and mental acuity and improve mood

*None of these statements have been evaluated by the FDA or other agencies. Scientists say more research is still needed.*
YERBA MATÉ FOR INCREASED ENERGY & FAT BURNING

Yerba maté is not only a balanced stimulant, but it is also gaining popularity in the performance-nutrition market. It may help you feel good but may also improve your health and help promote safe, effective fat loss.

Two ways to reduce body fat: reduce food intake or enhance energy expenditure.

Performance benefits of Yerba maté: It may enhance fat loss by triggering a process called thermogenesis (the metabolic rate is elevated, the body generates more heat (energy), the rate the body burns calories is increased and the fat-burning process is enhanced.) Yerba maté extracts release xanthines, which trigger the lipolytic process (the first step of thermogenesis). When fat particles are broken down, they are converted into sugar, which creates energy. The elevated sugar level is recognized by the brain, which sends a message to the body that suppresses the appetite and boosts energy. An important chemical in Yerba maté is mateine – a xanthine alkaloid that seems to possess the best combination of properties. It stimulates the central nervous system but it doesn’t appear to be additive and doesn’t cause the nervousness & jitters typical of caffeine use. Mateine stimulates the metabolism and converts more calories into energy without the side effects associated with other popular stimulants. It therefore produces a balanced, long-lasting physical and mental stimulation. This makes Yerba maté an ideal agent in the fight against unwanted body fat.

Most research concludes that a dosage of 500 to 1,500 mg daily of Yerba maté is most effective for this powerful fat loss benefit to be achieved.

RESEARCH


EFFECT OF GREEN MATÉ IN OVERWEIGHT VOLUNTEERS: A RANDOMIZED PLACEBO-CONTROLLED HUMAN STUDY

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Overweight and obesity have become a global epidemic and they may impair health. Traditional use and growing evidence indicate that mate (Ilex paraguariensis A. St.-Hil.) may be helpful in losing excessive weight and fat. The present randomized, double-blind, placebo-controlled study evaluated efficacy and safety of an extract from green mate in 60 overweight subjects aged 20–39 years during 6-weeks. Body composition was measured by Dual-Energy X-ray Absorptiometry (DEXA) at baseline and after 6 weeks. Body weight, body mass index (BMI) waist circumference (WC) and various safety parameters were monitored. After 6 weeks, subjects taking mate experienced a significantly greater reduction of percent of body fat (−0.3% vs. +0.6%, p = 0.04) and fat mass (−0.5 kg vs. +0.2 kg, p = 0.04) than placebo. No significant differences were observed in other measurements. No adverse events occurred and all safety parameters were within normal ranges during the study in both groups. Thus, taking green mate extract reduced body fat after 6 weeks, while the treatment was safe and well tolerated.


Other research references:


Yerba Mate Tea (Ilex paraguariensis): a comprehensive review on chemistry, health implications, and technological considerations, Heck CI, de Mejia EG. J Food Sci. 2007 Nov; 72(9):R138-51. Review.

Yerba maté is the active ingredient in our weight loss and energy formulations. It is in the easySLIM TONIC, easyHEALTH ENERGY TONIC and the THERMOCUT TONIC & CAPSULES.

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