YERBA MATE'S BENEFITS TO OUR HEALTH

Having mate makes you feel better

Many scientific studies confirmed that having mate (say “mah-te”) everyday produces a great number of healthy benefits

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Powerful antioxidant

Yerba mate has a large number of antioxidants that protect our organism from oxidative damage.

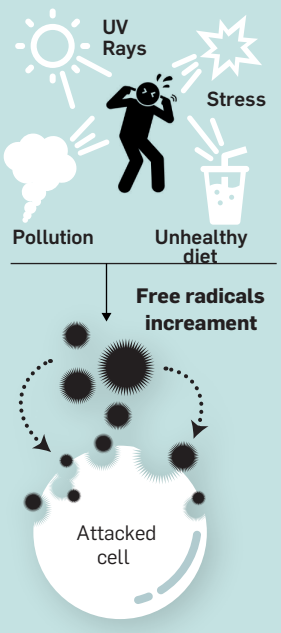
Each day we are exposed to **free radicals**, unstable molecules that oxidize our cells.

The free radicals can be produced by our own body or taken from the environment. We protect our organism from those radicals with antioxidant defenses.

But we can be in a state of “**oxidative stress**” which is when the amount of free radicals and antioxidant defenses are unbalanced, often **the results of that imbalance are many chronic diseases.**

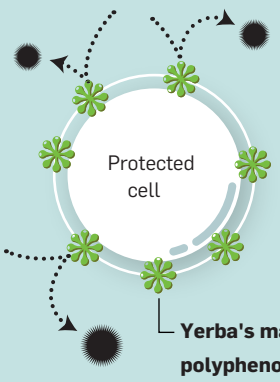
OXIDATIVE STRESS DAMAGE

If the antioxidant defenses are defeated the **radicals** will damage our cells.



ANTIOXIDATIVE EFFECT

Yerba mate brings us a huge amount of **polyphenols** which avoid free radicals damage.



Some oxidative damage-related diseases

- Cardiovascular diseases
- Diabetes type 2
- Cancer
- Neurodegenerative diseases

Source of pleasure

Serving, drinking and sharing mate make us feel pleasure.
On one hand probably because it contains caffeine. But, on the other hand, because an activity like that produces dopamine, a neurotransmitter that plays a role in mechanisms of motivation and reward which increases the pleasant moment.

Natural stimulant

Yerba mate contains caffeine which is a central nervous system stimulant.
It helps being aware, focused on other stimuli and brings an energizing sensation.
For this reason, when we have to study or work, it could be a great ally.

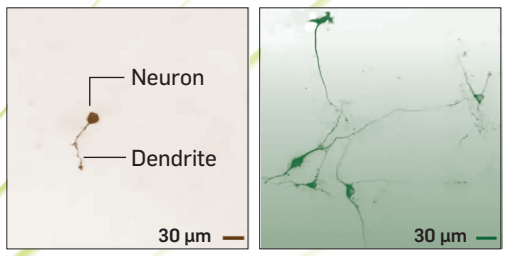
The yerba mate's components helps in cardiovascular diseases prevention as in myocardial infarctions and strokes.

Reduces the chances of getting Parkinson and it is neuroprotective

Epidemiological studies claim that Parkinson´s disease **has a minor incidence in those who have mate** than in those who do not consume it.
However, many crop research in vitro and in mice have shown that the **yerba mate has a neuroprotective on dopaminergic neurons** which death causes Parkinson.

IN VITRO CULTIVATION OF NEURONS

Without yerba mate **With yerba mate**



The cultivation exposed to the yerba mate revels **more robust and healthy neurons with more dendytiric tree growth and delayed neuronal death.**

It helps regulating weight and prevents obesity.

In a hypocaloric diet it helps in losing weight. In fact, drinking mate reduces **Plasma levels of triglycerides, LDL cholesterol and total cholesterol** getting a better lipid profile of people that suffer hyperlipidemia

Breastfeeding

If you are breastfeeding, you can still have mate.
A recent study carried out in women from the Province of Córdoba, Argentina, has shown that daily **mate consumption does not change the nutritional components of breast milk.**

NUTRITIONAL FACTS
Mate with bulb, with 50 g of yerba mate and 500 ml of water at 70°C

Nutrient		% DV
Energetic value	25 kcal	1%
Carbohydrates	4,7 g	2%
Proteins	0,6 g	1%
Total fats	0 g	0%
Saturated fats	0 g	0%
Trans fats	0 g	0%
Vitamin C	2,5 mg	6%
Vitamin B1	0,74 mg	62%
Vitamin B3	0,63 mg	4%
Vitamin B6	0,47 mg	36%

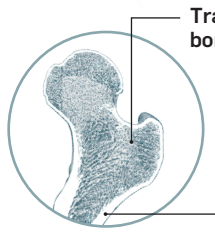
DV: Daily Values recommended on a 2.000 kcal diet (OMS)

It is hypocaloric, low-sodium and provides vitamins.

The number of calories in yerba mate is very low: **only 25kcal per half liter. Furthermore, it has a very low-sodium amount: 17mg per half liter and it does not supply fats of any kind.**
And, finally, it provides significant numbers of vitamins B1 and B6.

Bones protector

Recent epidemiological research made in the Province of Mendoza, Argentina, has revealed an increment of **the bone mineral density +9,7 on lumbar spine and +6,2 on femoral neck** on menopausal women who drink one daily liter of mate compared to those who do not consume mate.



Another study tested in mice revealed an **increase of growth of trabecular or spongy bone** on those who drink mate daily.

SOURCE

The nutritional content of aqueous yerba mate extract in three different forms of consumption.
Dra. Laura Ramallo. Fac. de Ciencias Exactas, Químicas y Naturales. Universidad Nacional de Misiones.

Assessment of the antioxidant capacity of human plasma due to yerba mate polyphenols.
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Neuroprotective Effect of Yerba Mate on Dopaminergic Neurons in Cultures.
Dr. Juan Ferrario. UBA / CONICET.
Dra. Irene Taravini. Universidad Nacional de Entre Ríos / CONICET.

Yerba Mate, Cholesterol, and Weight Loss.
Dr. Rafael Pérez Elizalde. Laboratorio de Enfermedades Metabólicas, Universidad Juan Agustín Maza, de Mendoza.

Effects of Yerba Mate on Bone Tissue.
Dr. Lucas Brun. Laboratorio de Biología Ósea de la Facultad de Ciencias Médicas de la Universidad Nacional de Rosario / CONICET.

Relationship Between Yerba Mate Consumption and the Health of Lactating Women.
Dr. Elio A. Soria. Facultad de Ciencias de Médicas, Universidad Nacional de Córdoba.

Parkinson's Disease and Yerba Mate.
Dra. Emilia Gatto. Instituto de Neurociencias de Buenos Aires, Universidad de Buenos Aires.

Yerba Mate Consumption Is Associated with Higher Bone Mineral Density in Postmenopausal Women.
Dra. Andrea Conforti. Universidad de Cuyo.

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