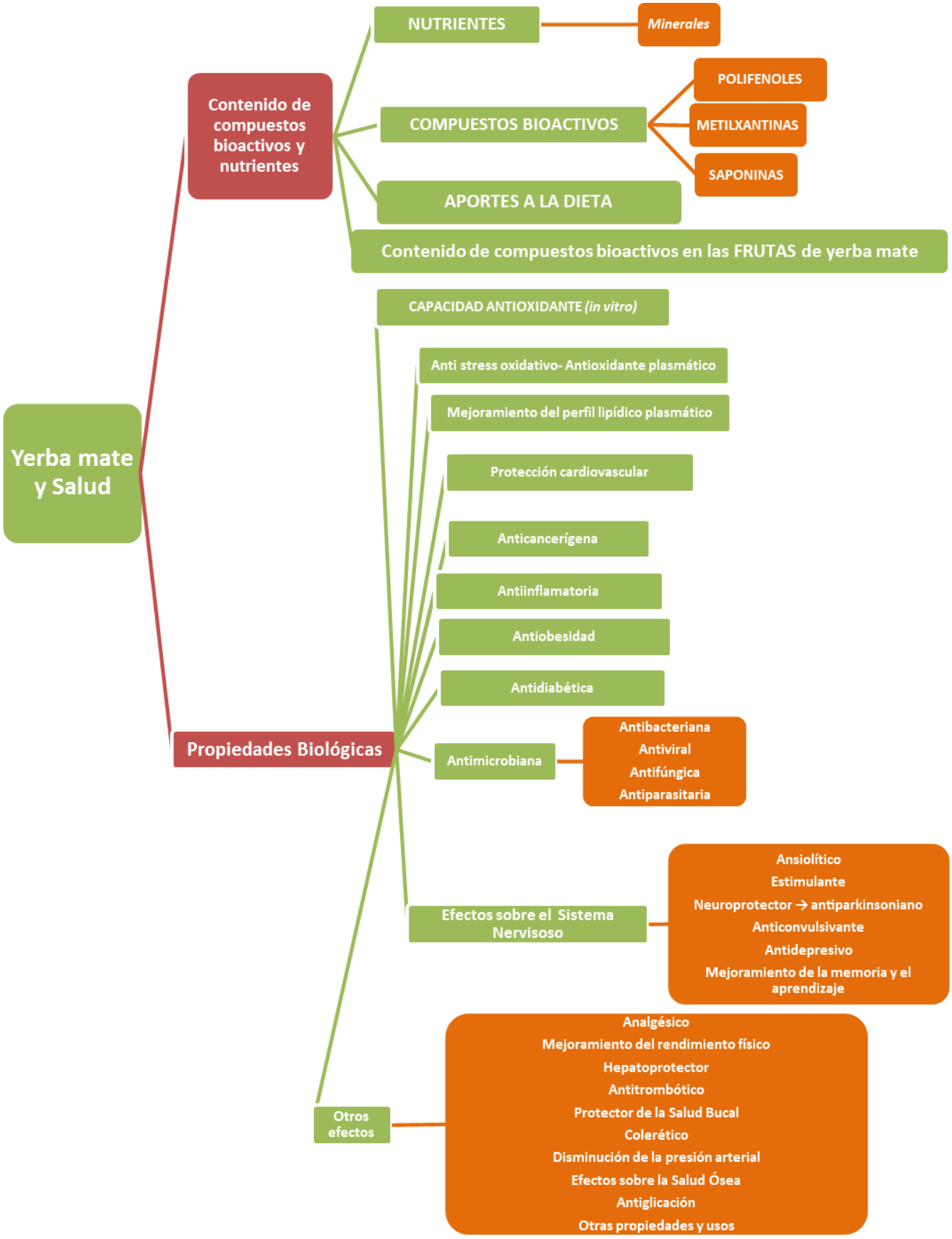
BASE DE DATOS DOCUMENTALES

YERBA MATE Y SALUD

Categorías de la Base de Datos Documentales YERBA MATE Y SALUD



Lista de trabajos científicos YERBA MATE Y SALUD por categorías

NUTRIENTES Y COMPUESTOS BIOACTIVOS

COMPUESTOS BIOACTIVOS

Polifenoles

Bastos y col. (2005)

Bastos y col. (2006b)

Bastos y col. (2007)

Blum-Silva y col. (2015)

Bojic y col. (2013)

Bravo y col. (2007)

Butiuk y col. (2016)

Cardozo y col. (2007)

Carini y col. (1998)

Clifford y Ramirez-Martinez (1990)

Colpo y col. (2016)

Dartora y col. (2011)

de Oliveira y col. (2016)

Dugo y col. (2009)

Dutra y col. (2010)

Escalada y col. (2011)

Fernandes y col. (2016)

Ferreira da Silveira y col. (2016a)

Filip y col. (2001)

Frizon y col. (2015)

Grujic y col. (2012)

Isolablella y col. (2010)

Jaiswal y col. (2010)

Lima y col. (2016)

Mazzafera (1997)

Meinhart y col. (2010)

Murakami y col. (2013)

Nakamura y col. (2009)

Pagliosa y col. (2010)

Peres y col. (2013)

Pinto y col. (2015)

Ricco y col. (1991)

Rivelli y col. (2007)

Schubert y col. (2007)

Souza y col. (2015)

Turner y col. (2011)

Valerga y col. (2012)

Valerga y col. (2013)

Vieira y col. (2010)

Zielinski y col. (2014)

Metilxantinas

Athayde y col. (2007)

Bastos y col. (2005)

Bastos y col. (2006b)

Blum-Silva y col. (2015)

Bojic y col. (2013)

Cardozo y col. (2007)

Clifford y Ramirez-Martinez (1990)

Dartora y col. (2011)

Isolabella y col. (2010)

Marx y col. (2003)

Mazzafera (1994)

Mazzafera (1997)

Meinhart y col. (2010)

Murakami y col. (2013)

Nakamura y col. (2009)

Pagliosa y col. (2010)

Pinto y col. (2015)

Rivelli y col. (2007)

Rodríguez Vaquero y col. (2010)

Saldaña y col. (1999)

Scherer y col. (2002)

Schubert y col. (2006)

Schubert y col. (2007)

Vieira y col. (2010)

Saponinas

Andrade y col. (2002)

Coelho y col. (2010)

de Souza y col. (2011)

Gnoatto y col. (2005)

Gosmann y col. (1989)

Gosmann y col. (1995)

Kraemer y col. (1996)

Martinet y col. (2001)

Murakami y col. (2013)

Nakamura y col. (2009)

Schenkel y col. (1996)

Sugimoto y col. (2009)

NUTRIENTES

Ferreira da Silveira y col. (2016b) (carotenoides)

Ramallo y col. (1998)

Souza y col. (2015)

Minerales

Baran y col. (2017)

Barbosa y col. (2015)

Carducci y col. (2000)

Giulian y col. (2007)

Heinrichs y Malavolta (2001)

Jacques y col. (2007)

Maiocchi y col. (2016)

Pereira y col. (2016)

Ramallo y col. (1998)

APORTES A LA DIETA

de Olivera y col. (2017)

Gebara y col. (2017)

Sanchez Boado y col. (2015)

NUTRIENTES Y COMPUESTOS BIOACTIVOS DE LAS FRUTAS DE LA YERBA MATE

Cogoi y col. (2013)

Fernandes y col. (2017)

Pavei y col. (2007)

Peixoto y col. (2012)

Schubert y col. (2007)

Taketa y col. (2004b)

PROPIEDADES BIOLÓGICAS DE LA YERBA MATE

CAPACIDAD ANTIOXIDANTE

Actis Goretta y col. (2002)

Anesini y col. (2006)

Anesini y col. (2012)

Baran y col. (2017)

Bastos y col. (2006a)

Bravo y col. (2007)

Chandra y de Mejía (2004)

Colpo y col. (2016)

Dartora y col. (2011)

Dudonné y col. (2009)

Efing y col. (2009)

Escalada y col. (2011)

Fernandes y col. (2016a)

Fernandes y col. (2016b)

Fernandes y col. (2017)

Filip y col. (2000)

Grujic y col. (2012)

Hartwig y col. (2012)

Leonard y col. (2010)

Murakami y col. (2013)

Pagliosa y col. (2010)

Piovezan-Borges y col. (2016)

Portela y col. (2016)

Rivelli y col. (2007)

Rodríguez Vaquero y col. (2010)

Sari y col. (2007)

Schinella y col. (2000)

Turner y col. (2011)

Valduga y col. (2016)

Vieira y col. (2010)

Zielinski y col. (2014)

ANTI ESTRÉS OXIDATIVO-ANTIOXIDANTE PLASMÁTICO

Barg y col. (2014)

Bixby y col. (2005)

Boaventura y col. (2012)

Boaventura y col. (2013)

Boaventura y col. (2015b)

Bracesco y col. (2003)

Colpo y col. (2017)

da Cunha y col. (2011)

da Silva y col. (2008)

Erben y col. (2014)

Fernandes y col. (2012)

Gugliucci y Bastos (2009)

Gugliucci y col. (1996)

Gugliucci y Stahl (1995)

Lanzetti y col. (2008)

Lanzetti y col. (2012)

Martins y col. (2009)

Matsumoto y col. (2009a)

Matsumoto y col. (2009b)

Menini y col. (2009)

Morgan Martins y col. (2013)

Panza y col. (2016)

Pereira y col. (2017a)

Ranilla y col. (2012)

Rivelli y col. (2011)

Sánchez Boado y col. (2015)

Zenaro y col. (2014)

MEJORAMIENTO DEL PERFIL LIPÍDICO

Balzan y col. (2013)

Bravo y col. (2014)

de Morais y col. (2009)

Fernandes y col. (2016a)

Gao y col. (2013a)

Hussein y col. (2011b)

Klein y col. (2011)

Martins y col. (2010)

Melo y col. (2007)

Messina y col. (2015)

Morgan Martins y col. (2013)

Przygodda y col. (2010)

Resende y col. (2015)

Stein y col. (2005)

PROTECCIÓN CARDIOVASCULAR

Balzan y col. (2013)

Borges y col. (2013)

Cahuê y col. (2017)

Cardozo Junior y Morand (2016)

de Morais y col. (2009)

Fantinelli y col. (2016)

Gao y col. (2013a)

Gao y col. (2013b)

Gao y col. (2013c)

González Arbeláez y col. (2016)

Görgen y col. (2005)

Menini y col. (2009)

Moraes-Pontilho y col. (2015)

Mosimann y col. (2006)

Santiago y col. (2017)

Schinella y col. (2005)

Schinella y col. (2009)

Stein y col. (2005)

Strassmann y col. (2008)

Yu y col. (2015)

ANTICANCERÍGENA

Amigo-Benavent y col. (2017)

Boaventura y col. (2015a)

Bracesco y col. (2003)

Chandra y de Mejía (2004)

da Silva y col. (2009)

De Mejía y col. (2005)

de Mejía y col. (2010)

Frant y col. (2012)

Gnoatto y col. (2008)

Kaezer y col. (2012)

Miranda y col. (2008)

Pérez y col. (2014)

Puangpraphant y col. (2011a)

Puangpraphant y col. (2011b)

Puangpraphant y col. (2013)

Ramírez-Mares y col. (2004)

Ramirez-Mares y col. (2016)

Souza y col. (2015)

Zapaterini y col. (2010)

ANTIINFLAMATORIO

Arçari y col. (2011)

Cittadini y col. (2017)

Dartora y col. (2013)

Lanzetti y col. (2008)

Luz y col. (2016)

Muñoz-Culla y col. (2016)

Puangpraphant y col. (2013)

Puangpraphant y de Mejía (2009)

Schinella y col. (2014)

Souza y col. (2015)

ANTIOBESIDAD

Arçari y col. (2009)

Arçari y col. (2013a)

Arçari y col. (2013b)

Borges y col. (2013)

Carmo y col. (2013)

Choi y col. (2017)

Conceição y col. (2017)

Fujii y col. (2014)

Gambero y Ribeiro (2015)

Gamboa-Gómez y col. (2015)

Gossman y col. (2012)

Hussein y col. (2011a)

Hussein y col. (2011b)

Kang y col. (2012)

Kim y col. (2012)

Kim y col. (2015)

Lima y col. (2014a)

Lima y col. (2014b)

Martins y col. (2010)

Melo y col. (2007)

Oh y col. (2016)

Pang y col. (2008)

Pimentel y col. (2013)

Przygodda y col. (2010)

Resende y col. (2012)

Resende y col. (2015)

Santos y col. (2014)

Silva y col. (2011)

ANTIDIABÉTICA

Arçari y col. (2011)

Arçari y col. (2013a)

Hussein y col. (2011b)

Kang y col. (2012)

Klein y col. (2011)

Melo y col. (2007)

Morgan Martins y col. (2013)

Oliveira y col. (2008)

Przygodda y col. (2010)

Ríos y col. (2015)

ANTIMICROBIANA

Antibacteriana

Battagim y col. (2012)

Burris y col. (2011)

Burris y col. (2012b)

Burris y col. (2015)

Carelli y col. (2011)

Cogo y col. (2010) (anti *Helycobacter pylori*)

de Biasi y col. (2009)

Fernandes y col. (2016b)

Fernandes y col. (2017)

Girolometto y col. (2009)

Kubo y col. (1993) (anticariogénica)

Prado Martin y col. (2013)

Rempe y col. (2015)

Rempe y col. (2017)

Rodríguez Vaquero y col. (2010)

Sari y col. (2007)

Tsai y col. (2008) (anticariogénica)

Antiviral

Lückenmeyer y col. (2012) (anti Herpes)

Müller y col. (2007) (anti Herpes y anti Rabia)

Antiparasitario

Mullié y col. (2010) (anti Malaria)

Taketa y col. (2004a) (antitripanosómica)

Treter y col. (2010) (antitricomonas)

Antifúngica

de Biasi y col. (2009)

Filip y col. (2010) (anti *Malazessia furfur*)

EFECTOS SOBRE EL SISTEMA NERVIOSO

Ansiolítico

Santos y col. (2015)

Estimulante

Falconi y col. (2013)

Santos y col. (2015)

Torterolo y col. (2014)

Neuroprotector

Bortoli y col. (2017)

Colpo y col. (2007)

de Lima y col. (2017)

Gatto y col. (2015) (antiparkinsoniano)

Ludka y col. (2016)

Melcón y col. (2014) (antiparkinsoniano)

Milioli y col. (2007) (antiparkinsoniano)

Santos Branco y col. (2013)

Santos y col. (2015)

Anticonvulsivante

Santos Branco y col. (2013)

Antidepresivo

Moraes Reis y col. (2014)

Mejoramiento de la memoria y aprendizaje

Prediger y col. (2008)

OTROS EFECTOS

Anti-glicación

Bains y Gugliucci (2017)

Gugliucci y col. (2009)

Lucenford y Gugliucci (2005)

Melo y col. (2007)

Oliveira y col. (2008)

Pereira y col. (2012)

Analgésico

de Carvalho y col. (2016)

Lim y col. (2015)

Mejoramiento del rendimiento físico

Alkhatib y Atcheson (2017)

Alkhatib y col. (2014)

Hepatoprotector

Tamura y col. (2013)

Antitrombótico

Dahmer y col. (2012)

Protección de la salud bucal

Brasilino y col. (2017)

Filip y col. (2007)

Kubo y col. (1993) (anticariogénica)

Tsai y col. (2008) (anticariogénica)

Colerético

Gorzalczany y col. (2001)

Disminución de la presión arterial

Muccillo Baisch y col. (1998)

Efectos sobre la Salud Ósea

Brun y col. (2015)

Brun y col. (2016)

Conforti y col. (2012)

Pereira y col. (2017)

Otras propiedades y usos

Ribeiro y col. (2017)

REVISIONES: NUTRIENTES, COMPUESTOS BIOACTIVOS Y PROPIEDADES BIOLÓGICAS DE LA YERBA MATE

Bracesco y col. (2011)

Burris y col. (2012a)

Cuelho y col. (2015)

Fagundes y col. (2015)

Heck y de Mejía (2007)

Riachi y De María (2017)

REFERENCIAS BIBLIOGRÁFICAS

Actis-Goretta, L., Mackenzie, G. G., Oteiza, P. I., & Fraga, C. G. (2002). Comparative study on the antioxidant capacity of wines and other plant-derived beverages. Annals of the New York Academy of Sciences, 957, 279–83. Disponible en http://www.ncbi.nlm.nih.gov/pubmed/12074981

Agnieszka Baran, Agnieszka Gruszecka-Kosowska, Anna Kołton, Czesława Jasiewicz y Paweł Piwowar (2017). Content and health risk assessment of selected elements in the Yerba mate (*Ilex paraguariensis*, St. hillaire). Human and Ecological Risk Assessment: An International Journal. https://doi.org/10.1080/10807039.2017.1406304

Alkhatib, A. (2014). Yerba Maté (*Illex paraguariensis*) ingestion augments fat oxidation and energy expenditure during exercise at various submaximal intensities. Nutrition & Metabolism, 11(1), 42. http://doi.org/10.1186/1743-7075-11-42

Alkhatib, A. y Atcheson, R. (2017). Yerba Maté (*Ilex paraguariensis*) Metabolic, Satiety, and Mood State Effects at Rest and during Prolonged Exercise. Nutrients, 9, 882, 1-15. Disponible en: http://www.mdpi.com/2072-6643/9/8/882

Amigo-Benavent, M., Wang, S. Mateos, R., Sarriá, B. y Bravo, L. (2017). Antiproliferative and cytotoxic effects of green coffee and yerba mate extracts, their main hydroxycinnamic acids, methylxanthine and metabolites in different human cell lines. Food and Chemical Toxicology, 106, 125-138. http://dx.doi.org/10.1016/j.fct.2017.05.019

Andrade, F. D. P., Piacente, S., Pizza, C., & Vilegas, W. (2002). Studies on the constituents of a Brazilian folk infusion. Isolation and structure elucidation of new triterpene saponins from *Ilex amara* leaves. Journal of Agricultural and Food Chemistry, 50(2), 255–261. http://doi.org/10.1021/jf010863r

Anesini, C., Ferraro, G., & Filip, R. (2006). Peroxidase-like activity of *Ilex paraguariensis*. Food Chemistry, 97(3), 459–464. http://doi.org/10.1016/j.foodchem.2005.05.025

Anesini, C., Turner, S., Cogoi, L., & Filip, R. (2012). Study of the participation of caffeine and polyphenols on the overall antioxidant activity of mate (*Ilex paraguariensis*). LWT - Food Science and Technology, 45(2), 299–304. http://doi.org/10.1016/j.lwt.2011.06.015

Arçari, D. P., Bartchewsky, W., dos Santos, T. W., Oliveira, K. a, Funck, A., Pedrazzoli, J., … Ribeiro, M. L. (2009). Antiobesity effects of yerba maté extract (*Ilex paraguariensis*) in high-fat diet-induced obese mice. Obesity, 17(12), 2127–2133. http://doi.org/10.1038/oby.2009.158

Arçari, D. P., Bartchewsky, W., dos Santos, T. W., Oliveira, K. A., DeOliveira, C. C., Gotardo, É. M., … Ribeiro, M. L. (2011). Anti-inflammatory effects of yerba maté extract (*Ilex paraguariensis*) ameliorate insulin resistance in mice with high fat diet-induced obesity. Molecular and Cellular Endocrinology, 335(2), 110–115. http://doi.org/10.1016/j.mce.2011.01.003

Arçari, D. P., Santos, J. C., Gambero, A., & Ribeiro, M. L. (2013b). The *in vitro* and *in vivo* effects of yerba mate (*Ilex paraguariensis*) extract on adipogenesis. Food Chemistry, 141(2), 809–815. http://doi.org/10.1016/j.foodchem.2013.04.062

Arçari, D. P., Santos, J. C., Gambero, A., Ferraz, L. F. C., & Ribeiro, M. L. (2013a). Modulatory effects of yerba maté (*Ilex paraguariensis*) on the PI3K-AKT signaling pathway. Molecular Nutrition and Food Research, 57(10), 1882–1885. http://doi.org/10.1002/mnfr.201200834

Athayde, M. L., Coelho, G. C., & Schenkel, E. P. (2007). Populational Diversity on Methylxanthines Content of Maté (*Ilex paraguariensis* A . St . -Hil ., Aquifoliaceae). Latin American Journal of Pharmacy 26(2), 275–279.

Disponible en http://www.latamjpharm.org/resumenes/26/2/LAJOP_26_2_2_3.pdf

Bains, Y. y Gugliucci, A. (2017). *Ilex paraguariensis* and its main component chlorogenic acid inhibit fructose formation of advanced glycation endproducts with amino acids at conditions compatible with those in the digestive system. Fitoterapia, 117, 6-10. http://dx.doi.org/10.1016/j.fitote.2016.12.006

Balzan, S., Hernandes, A., Reichert, C. L., Donaduzzi, C., Pires, V. A., Gasparotto, A., & Cardozo, E. L. (2013). Lipid-lowering effects of standardized extracts of *Ilex paraguariensis* in high-fat-diet rats. Fitoterapia, 86(1), 115–122. http://doi.org/10.1016/j.fitote.2013.02.008

Barbosa, J. Z., Zambon, L. M., Motta, A. C. V., & Wendling, I. (2015). Composition, Hot-Water Solubility of Elements and Nutritional Value of Fruits and leaves of yerba mate. Ciência e Agrotecnologia, 39(6), 593–603. http://doi.org/10.1590/S1413-70542015000600006

Barg, M., Rezin, G. T., Leffa, D. D., Balbinot, F., Gomes, L. M., Carvalho-Silva, M., … Andrade, V. M. (2014). Evaluation of the protective effect of *Ilex paraguariensis* and *Camellia sinensis* extracts on the prevention of oxidative damage caused by ultraviolet radiation. Environmental Toxicology and Pharmacology, 37(1), 195–201. http://doi.org/10.1016/j.etap.2013.11.028

Bastos, D. H. M., Fornari, A. C., De Queiroz, Y. S., Soares, R. A. M., & Torres, E. A. F. S. (2005). The chlorogenic acid and caffeine content of yerba maté (*Ilex paraguariensis*) beverages. Acta Farmaceutica Bonaerense, 24(1), 91–95. Disponible en http://www.latamjpharm.org/trabajos/24/1/LAJOP_24_1_2_5_8KBZFG0I38.pdf

Bastos, D. H. M., Fornari, A. C., Queiroz, Y. S. & Torres, E. A. F. S. (2006b). Bioactive Compounds Content Of Chimarrao Infusions Related To The Moisture Of Yerba Mate (*Ilex paraguariensis*) Leaves. Brazilian Archives of Biology and Technology, 49(3), 399–404. Disponible en http://direct.bl.uk/bld/PlaceOrder.do?UIN=192363730&ETOC=RN&from=searchengine

Bastos, D. H. M., Ishimoto, E. Y., Ortiz M. Marques, M., Fernando Ferri, A., & Torres, E. A. F. S. (2006a). Essential oil and antioxidant activity of green mate and mate tea (*Ilex paraguariensis*) infusions. Journal of Food Composition and Analysis, 19(6-7), 538–543. http://doi.org/10.1016/j.jfca.2005.03.002

Bastos, D. H. M., Saldanha, L. a, Catharino, R. R., Sawaya, A., Cunha, I. B. S., Carvalho, P. O., & Eberlin, M. N. (2007). Phenolic antioxidants identifled by {ESI-MS} from yerba mate (*Ilex paraguariensis*) and green tea (*Camelia sinensis*) extracts. Molecules, 12(3), 423–432. http://doi.org/10.3390/12030423

Battagim, J., de Souza, V. T., Miyasaka, N. R. S., da Silva Cunha, I. B., Sawaya, a C., de Piloto Fernandes, a M., … de Oliveira Carvalho, P. (2011). Comparative study of the effect of green and roasted water extracts of mate (*Ilex paraguariensis*) on glucosyltransferase activity of *Streptococcus mutans*. Journal of Enzyme Inhibition and Medicinal Chemistry, 27(May 2011), 232–240. http://doi.org/10.3109/14756366.2011.585986

Bixby, M., Spieler, L., Menini, T., & Gugliucci, A. (2005). *Ilex paraguariensis* extracts are potent inhibitors of nitrosative stress: A comparative study with green tea and wines using a protein nitration model and mammalian cell cytotoxicity. Life Sciences, 77(3), 345–358. http://doi.org/10.1016/j.lfs.2004.11.030

Blum-Silva, C. H., Chaves, V. C., Schenkel, E. P., Coelho, G. C., & Reginatto, F. H. (2015). The influence of leaf age on methylxanthines, total phenolic content, and free radical scavenging capacity of *Ilex paraguariensis*

aqueous extracts. Brazilian Journal of Pharmacognosy, 25(1), 1–6. http://doi.org/10.1016/j.bjp.2015.01.002

Boaventura, B. C. B., Amboni, R. D. de M. C., da Silva, E. L., Prudencio, E. S., Di Pietro, P. F., Malta, L. G., … Liu, R. H. (2015a). Effect of *in vitro* digestion of yerba mate (*Ilex paraguariensis* A. St. Hil.) extract on the cellular antioxidant activity, antiproliferative activity and cytotoxicity toward HepG2 cells. Food Research International, 77, 257–263. http://doi.org/10.1016/j.foodres.2015.05.004

Boaventura, B. C. B., Di Pietro, P. F., Klein, G. A., Stefanuto, A., De Morais, E. C., De Andrade, F., … Da Silva, E. L. (2013). Antioxidant potential of mate tea (*Ilex paraguariensis*) in type 2 diabetic mellitus and pre-diabetic individuals. Journal of Functional Foods, 5(3), 1057–1064. http://doi.org/10.1016/j.jff.2013.03.001

Boaventura, B. C. B., Di Pietro, P. F., Stefanuto, A., Klein, G. A., de Morais, E. C., de Andrade, F., …, da Silva, E. L. (2012). Association of mate tea (*Ilex paraguariensis*) intake and dietary intervention and effects on oxidative stress biomarkers of dyslipidemic subjects. Nutrition, 28(6), 657–664. http://doi.org/10.1016/j.nut.2011.10.017

Boaventura, B. C., da Silva, E. L., Liu, R. H., Prudêncio, E. S., Di Pietro, P. F., Becker, A. M., & Amboni, R. D. de M. C. (2015b). Effect of yerba mate (*Ilex paraguariensis* A. St. Hil.) infusion obtained by freeze concentration technology on antioxidant status of healthy individuals. LWT - Food Science and Technology, 62(2), 948–954. http://doi.org/10.1016/j.lwt.2015.02.028

Bojić, M., Simon Haas, V., Šarić, D., & Maleš, Ž. (2013). Determination of flavonoids, phenolic acids, and xanthines in mate tea (*Ilex paraguariensis* St.-Hil.). Journal of Analytical Methods in Chemistry, 2013. http://doi.org/10.1155/2013/658596

Borges, M. C., Ramirez Vinolo, M. A., Nakajima, K., Alves de Castro, I., Bastos, D. H. M., Borelli, P., Fock, R. A., Tirapegui, J., Curi, R. & Rogero, M. M. (2013). The effect of mate tea (*Ilex paraguariensis*) on metabolic and inflammatory parameters in high-fat diet-fed Wistar rats. International Journal of Food Sciences and Nutrition, 64(Il), 561–9. http://doi.org/10.3109/09637486.2012.759188

Bortoli, P. M., Alves, C., Costa, E., Vanin, A. P., Sofiatti, J. R., Siqueira, D. P., Dallago, R. M., Treichel, H., Vargas, G. D. L. P. y Kaizer, R. R. (2017). *Ilex paraguariensis*: Potential antioxidant on aluminium toxicity, in an experimental model of Alzheimer's disease. Journal of Inorganic Biochemistry. Article in Press. https://doi.org/10.1016/j.jinorgbio.2017.11.001

Bracesco, N., Dell, M., Rocha, A., Behtash, S., Menini, T., Gugliucci, A., & Nunes, E. (2003). Antioxidant activity of a botanical extract preparation of *Ilex paraguariensis*: prevention of DNA double-strand breaks in *Saccharomyces cerevisiae* and human low-density lipoprotein oxidation. Journal of Alternative and Complementary Medicine, 9(3), 379–87. http://doi.org/10.1089/107555303765551606

Bracesco, N., Sanchez, A. G., Contreras, V., Menini, T., & Gugliucci, A. (2011). Recent advances on *Ilex paraguariensis* research: Minireview. Journal of Ethnopharmacology, 136(3), 378–384. http://doi.org/10.1016/j.jep.2010.06.032

Brasilino, M., Stringhetta-Garcia, C. T., Pereira, C. S., Pereira, A. A. F., Stringhetta, K., Leopoldino, A. M., Crivelini, M. M., Ervolino, E., Dornelles, R. C. M., de Melo Stevanato Nakamune, A. C., y Chaves-Neto, A. H. (2017). Mate tea (*Ilex paraguariensis*) improves bone formation in the alveolar socket healing after tooth extraction in rats. Clinical Oral Investigations, 2017, 1-13. https://doi.org/10.1007/s00784-017-2249-1

Bravo, L., Goya, L., & Lecumberri, E. (2007). LC/MS characterization of phenolic constituents of mate (*Ilex paraguariensis*, St. Hil.) and its antioxidant

activity compared to commonly consumed beverages. Food Research International, 40(3), 393–405. http://doi.org/10.1016/j.foodres.2006.10.016

Bravo, L., Mateos, R., Sarriá, B., Baeza, G., Lecumberri, E., Ramos, S., & Goya, L. (2014). Hypocholesterolaemic and antioxidant effects of yerba mate (*Ilex paraguariensis*) in high-cholesterol fed rats. Fitoterapia, 92, 219–229. http://doi.org/10.1016/j.fitote.2013.11.007

Brun, L. R., Brance, M. L., Lombarte, M., Maher, M. C., Di Loreto, V. E., & Rigalli, A. (2015). Effects of Yerba Mate (*Ilex paraguariensis*) on Histomorphometry, Biomechanics, and Densitometry on Bones in the Rat. Calcified Tissue International, 97(5), 527–534. http://doi.org/10.1007/s00223-015-0043-0

Brun, L. R., Lombarte, M., Maher, M. C., Retamozo, C., Di Loreto, V. Rigalli, A. (2016). Efecto de la yerba mate (*Ilex paraguariensis*) sobre el hueso de ratas ovariectomizadas. Actualizaciones en Osteología, 12 (3), 188-196. Disponible en: https://www.researchgate.net/publication/316585524_Effect_of_yerba_mate_Ilex_paraguariensis_on_bone_in_ovariectomized_rats

Burris, K. P., Davidson, P. M., Stewart, C. N., & Harte, F. M. (2011). Antimicrobial Activity of Yerba Mate (*Ilex paraguariensis*) Aqueous Extracts against *Escherichia coli* O157:H7 and *Staphylococcus aureus*. Journal of Food Science, 76(6). http://doi.org/10.1111/j.1750-3841.2011.02255..x

Burris, K. P., Davidson, P. M., Stewart, C. N., Zivanovic, S., & Harte, F. M. (2012b). Aqueous extracts of yerba mate (*Ilex paraguariensis*) as a natural antimicrobial against *Escherichia coli* O157:H7 in a microbiological medium and pH 6.0 apple juice. Journal of Food Protection, 75(4), 753–7. http://doi.org/10.4315/0362-028X.JFP-11-214

Burris, K. P., Harte, F. M., Michael Davidson, P., Neal Stewart Jr, C., & Zivanovic, S. (2012a). Composition and Bioactive Properties of Yerba Mate (*Ilex paraguariensis* A. St.-Hil.): A Review. Chilean Journal of Agricultural Research, 72(2), 268–275. http://doi.org/10.4067/S0718-58392012000200016

Burris, K. P., Higginbotham, K. L., & Stewart, C. N. (2015). Aqueous extracts of yerba mate as bactericidal agents against methicillin-resistant *Staphylococcus aureus* in a microbiological medium and ground beef mixtures. Food Control, 50, 748–753. http://doi.org/10.1016/j.foodcont.2014.10.021

Butiuk, A. P., Martos, M. A., Adachi, O., & Hours, R. A. (2016). Study of the chlorogenic acid content in yerba mate (*Ilex paraguariensis* St. Hil.): Effect of plant fraction, processing step and harvesting season. Journal of Applied Research on Medicinal and Aromatic Plants, 3(1), 27–33. http://doi.org/10.1016/j.jarmap.2015.12.003

Cahuê, F., Souza, S., Martins dos Santos, C. F., Machado, V., Nascimento, J. H. M., Barcellos, L. y Salerno, V. P. (2017). Short-term consumption of *Ilex paraguariensis* extracts protects isolated hearts from ischemia/reperfusion injury and contradicts exercise-mediated cardioprotection. Applied Physiology, Nutrition, and Metabolism, 42(11), 1149-1157. https://doi.org/10.1139/apnm-2017-0213

Cardozo Junior, E. L., & Morand, C. (2016). Interest of mate (*Ilex paraguariensis* A. St.-Hil.) as a new natural functional food to preserve human cardiovascular health - A review. Journal of Functional Foods, 21, 440–454. http://doi.org/10.1016/j.jff.2015.12.010

Cardozo, E. L., Ferrarese-Filho, O., Filho, L. C., Ferrarese, M. de L. L., Donaduzzi, C. M., & Sturion, J. A. (2007). Methylxanthines and phenolic compounds in mate (*Ilex paraguariensis* St. Hil.) progenies grown in Brazil. Journal of Food Composition and Analysis, 20(7), 553–558. http://doi.org/10.1016/j.jfca.2007.04.007

Carducci, C. N., Dabas, P. C., & Muse, J. O. (2000). Bioactive Compounds Content of Chimarrão Infusions Related to the Moisture of Yerba Maté (*Ilex paraguariensis*) Leaves. Journal of AOAC international 83 (5), 1167–1173. http://dx.doi.org/10.1590/S1516-89132006000400007

Carelli, G., Macedo, S. M. D., Valduga, A. L., Corazza, M. L., Oliveira, J. V., Franceschi, E., … Jaskulski, M. R. (2011). Avaliaçao preliminar da atividade antimicrobiana do extrato de erva-mate *(Ilex paraguariensis* A. St.-Hil.) obtido por extraçao com CO2 supercrítico. Revista Brasileira de Plantas Medicinais, 13(1), 110–115. http://doi.org/10.1590/S1516-05722011000100016

Carini, M., Facino, R. M., Aldini, G., & Calloni, M. (1998). Characterization of phenolic antioxidants from Maté (*Ilex Paraguayensis*) by liquid chromatography/mass spectrometry and liquid chromatography/tandem mass spectrometry. Rapid Communications in Mass Spectrometry, 12(22), 1813–1819. http://doi.org/10.1002/(SICI)1097-0231(19981130)12:22<1813::AID-RCM379>3.0.CO;2-#

Carmo, L. S., Rogero, M. M., Cortez, M., Yamada, M., Jacob, P. S., Bastos, D. H. M., … Ambrósio Fock, R. (2013). The Effects of Yerba Maté *(Ilex paraguariensis*) consumption on IL-1, IL-6, TNF-α and IL-10 production by bone marrow cells in wistar rats fed a high-fat diet. International Journal for Vitamin and Nutrition Research, 83(1), 26–35. http://doi.org/10.1024/0300-9831/a000142

Chandra, S., & de Mejía, E. G. (2004). Polyphenolic compounds, antioxidant capacity and quinone reductase activity of an aqueous extract of *Ardisia compressa* in comparision to Mate (*Ilex paraguaiensis*) and Green Teas (*Camellia sinensis*). Journal of Agricultural and Food Chemistry, 52, 3583–3589. http://dx.doi.org/10.1021/jf0352632

Choi, M. S., Park, H. J., Kim, S. R., Kim, D.Y., Jung U. J. (2017). Long-Term Dietary Supplementation with Yerba Mate Ameliorates Diet-Induced

Obesity and Metabolic Disorders in Mice by Regulating Energy Expenditure and Lipid Metabolism. Journal of Medicinal Food, 20(12), 1168-1175. https://doi.org/10.1089/jmf.2017.3995

Cittadini, M. C., García-Estévez, I., Escribano-Bailón, M. T., Rivas-Gonzalo, J. C., Valentich, M, A., Repossi, G. y Soria, E. A. (2017). Modulation of Fatty Acids and Interleukin-6 in Glioma Cells by South American Tea Extracts and their Phenolic Compounds. Nutrition and Cancer. https://doi.org/10.1080/01635581.2018.1412484

Clifford, M. N., & Ramirez-Martinez, J. R. (1990). Chlorogenic Acids and Purine Alkaloids of Maté (*Ilex paraguariensis)* Leaf and Beverage. Food Chemistry 35, 13–21. http://dx.doi.org/10.1016/0308-8146(90)90126-O

Coelho, G. C., Gnoatto, S. B., Bassani, V. L., & Schenkel, E. P. (2010). Quantification of saponins in extractive solution of mate leaves (*Ilex paraguariensis* A. St. Hil.). Journal of Medicinal Food, 13(2), 439–443. http://doi.org/10.1089/jmf.2009.0046

Cogo, L.L., Monteiro, C.L.B., Miguel, M.D., Miguel, O.G., Cunico, M.M., Ribeiro, M.L., de Camargo, E.R., Kussen, G. M. B., Nogueira, K. da S., Costa, L.M.D. (2010). Anti-*Helicobacter pylori* activity of plant extracts traditionally used for the treatment of gastrointestinal disorders. Brazilian Journal of Microbiology 41 (2), 304-309. http://dx.doi.org/10.1590/S1517-83822010000200007

Cogoi, L., Giacomino, M. S., Pellegrino, N., Anesini, C., & Filip, R. (2013). Nutritional and phytochemical study of *Ilex paraguariensis* fruits. Journal of Chemistry, 2013. http://doi.org/10.1155/2013/750623

Colpo, A. C., de Lima, M. E., Maya-López, M., Rosa, H., Márquez-Curiel, C., Galván-Arzate, S., Santamaría, A., Folmer V. (2017). Compounds from *Ilex paraguariensis* extracts confer antioxidant effects in the brains of rats subjected to chronic immobilization stress. Applied

Physiology, Nutrition and Metabolism, 42(11), 1172-1178. https://doi.org/10.1139/apnm-2017-0267

Colpo, A. C., Rosa, H., Lima, M. E., Pazzini, C. E. F., De Camargo, V. B., Bassante, F. E. M., … Folmer, V. (2016). Yerba mate (*Ilex paraguariensis* St. Hill.)-based beverages: How successive extraction influences the extract composition and its capacity to chelate iron and scavenge free radicals. Food Chemistry, 209, 185–195. http://doi.org/10.1016/j.foodchem.2016.04.059

Colpo, G., Trevisol, F., Teixeira, A. M., Fachinetto, R., Pereira, R. P., Athayde, M. L., … Burger, M. E. (2007). *Ilex paraguariensis* has antioxidant potential and attenuates haloperidol-induced orofacial dyskinesia and memory dysfunction in rats. Neurotoxicity Research, 12(3), 171–180. http://doi.org/10.1007/BF03033914

Conceição, E. P., Kaezer, A. R., Peixoto-Silva, N., Felzenszwalb, I., de Oliveira, E., Moura, E. G., Lisboa, P. C. Effects of *Ilex paraguariensis* (yerba mate) on the hypothalamic signalling of insulin and leptin and liver dysfunction in adult rats overfed during lactation. Journal of Developmental Origins of Health and Disease, 8(1), 123-132. http://dx.doi.org/10.1017/S2040174416000519

Conforti, A. S., Gallo, M. E., & Saraví, F. D. (2012). Yerba Mate (*Ilex paraguariensis*) consumption is associated with higher bone mineral density in postmenopausal women. Bone, 50(1), 9–13. http://doi.org/10.1016/j.bone.2011.08.029

Cuelho, C. H. F., Bonilha, I. de F., do Canto, G. S., & Manfron, M. P. (2015). Recent advances in the bioactive properties of yerba mate. Revista Cubana de Farmacia, 49(2), 375–383. Retrieved from http://bvs.sld.cu/revistas/far/vol49_2_15/far16215.htm

da Cunha, F. L. Da, Silva, C. M. G. Da, Almeida, M. G. De, Lameiro, T. M. D. M., Marques, L. H. S., Margarido, N. F., & Martinez, C. A. R. (2011).

Reduction in oxidative stress levels in the colonic mucosa without fecal stream after the application of enemas containing aqueous *Ilex paraguariensis* extract. Acta Cirurgica Brasileira / Sociedade Brasileira Para Desenvolvimento Pesquisa Em Cirurgia, 26(4), 289–296. http://doi.org/10.1590/S0102-86502011000400008

da Silva, E. L., Neiva, T. J. C., Shirai, M., Terao, J., & Abdalla, D. S. P. (2008). Acute ingestion of yerba mate infusion (*Ilex paraguariensis*) inhibits plasma and lipoprotein oxidation. Food Research International, 41(10), 973–979. http://doi.org/10.1016/j.foodres.2008.08.004

da Silva, J. F., Bidinotto, L. T., Furtado, K. S., Salvadori, D. M. F., Rivelli, D. P., Barros, S. B. de M., … Barbisan, L. F. (2009). Maté attenuates DNA damage and carcinogenesis induced by diethylnitrosamine and thermal injury in rat esophagus. Food and Chemical Toxicology, 47(7), 1521–1529. http://doi.org/10.1016/j.fct.2009.03.040

Dahmer, T., Berger, M., Barlette, A. G., Reck, J., Segalin, J., Verza, S., … Gosmann, G. (2012). Antithrombotic effect of chikusetsusaponin IVa isolated from *Ilex paraguariensis* (Maté). Journal of Medicinal Food, 15(12), 1073–80. http://doi.org/10.1089/jmf.2011.0320

Dartora, N., De Souza, L. M., Paiva, S. M. M., Scoparo, C. T., Iacomini, M., Gorin, P. A. J., … Sassaki, G. L. (2013). Rhamnogalacturonan from *Ilex paraguariensis*: A potential adjuvant in sepsis treatment. Carbohydrate Polymers, 92(2), 1776–1782. http://doi.org/10.1016/j.carbpol.2012.11.013

Dartora, N., De Souza, L. M., Santana-Filho, A. P., Iacomini, M., Valduga, A. T., Gorin, P. A. J., & Sassaki, G. L. (2011). UPLC-PDA-MS evaluation of bioactive compounds from leaves of *Ilex paraguariensis* with different growth conditions, treatments and ageing. Food Chemistry, 129(4), 1453–1461. http://doi.org/10.1016/j.foodchem.2011.05.112

de Biasi, B., Grazziotin, N. A. & Hofmann Jr, A. E. (2009). Atividade antimicrobiana dos extratos de folhas e ramos da *Ilex paraguariensis* A. St.-Hil., Aquifoliaceae. Brazilian Journal of Pharmacognosy 19(2B), 582-585. http://dx.doi.org/10.1590/S0102-695X2009000400013

de Carvalho, E., de Oliveira, S., Nardi, V., Gelinski, T., Bortoluzzi, M., Maraschin, M., & Nardi, G. (2016). *Ilex paraguariensis* promotes orofacial pain relief after formalin injection: Involvement of noradrenergic pathway. Pharmacognosy Research, 8(5), 31. http://doi.org/10.4103/0974-8490.178643

de Lima, M. E., Colpo, A. C., Maya-López, M., Rosa, H., Túnez, I., Galván-Arzate, S., Santamaría, A. y Folmer, F. (2017). Protective effect of Yerba mate (*Ilex paraguariensis* St. Hill.) against oxidative damage in vitro in rat brain synaptosomal/mitochondrial P2fractions. Journal of Functional Food, 34, 447-452. https://doi.org/10.1016/j.jff.2017.05.026

de Mejía, E. G., Song, Y. S., Heck, C. I., & Ramírez-Mares, M. (2010). Yerba mate tea (*Ilex paraguariensis*): Phenolics, antioxidant capacity and in vitro inhibition of colon cancer cell proliferation. Journal of Functional Foods, 2(1), 23–34. http://doi.org/10.1016/j.jff.2009.12.003

de Mejía, E., Young, S. S., Ramirez-Mares, M. V., & Kobayashi, H. (2005). Effect of yerba mate (*Ilex paraguariensis*) tea on topoisomerase inhibition and oral carcinoma cell proliferation. Journal of Agricultural and Food Chemistry, 53(6), 1966–1973. http://doi.org/10.1021/jf048158g

de Morais, E. C., Stefanuto, A., Klein, G. A., Boaventura, B. C. B., De Andrade, F., Wazlawik, E., … Da Silva, E. L. (2009). Consumption of yerba mate (*Ilex paraguariensis*) improves serum lipid parameters in healthy dyslipidemic subjects and provides an additional LDL-cholesterol reduction in individuals on statin therapy. Journal of Agricultural and Food Chemistry, 57(18), 8316–8324. http://doi.org/10.1021/jf901660g

de Oliveira, D. M., Sampaio, G. R., Pinto, C. B., Catharino, R. R., & Bastos, D. H. M. (2016). Bioavailability of chlorogenic acids in rats after acute ingestion of maté tea (*Ilex paraguariensis*) or 5-caffeoylquinic acid. European Journal of Nutrition, 1–16. http://doi.org/10.1007/s00394-016-1290-1

de Olivera, D. M., Sampaio, G. R., Pinto, C. B.,. Catharino, R. R., Bastos, D. H.M. (2017). Bioavailability of chlorogenic acids in rats after acute ingestion of maté tea (*Ilex paraguariensis*) or 5-caffeoylquinic acid. European Journal of Nutrition, 56 (8), 2541-2556. https://doi.org/10.1007/s00394-016-1290-1

de Resende, P. E., Kaiser, S., Pittol, V., Hoefel, A. L., D'Agostini Silva, R., Vieira Marques, C., … Ortega, G. G. (2015). Influence of crude extract and bioactive fractions of *Ilex paraguariensis* A. St. Hil. (yerba mate) on the Wistar rat lipid metabolism. Journal of Functional Foods, 15, 440–451. http://doi.org/10.1016/j.jff.2015.03.040

de Resende, P. E., Verza, S. G., Kaiser, S., Gomes, L. F., Kucharski, L. C., & Ortega, G. G. (2012). The activity of mate saponins (*Ilex paraguariensis*) in intra-abdominal and epididymal fat, and glucose oxidation in male Wistar rats. Journal of Ethnopharmacology, 144(3), 735–740. http://doi.org/10.1016/j.jep.2012.10.023

de Souza, L. M., Dartora, N., Scoparo, C. T., Cipriani, T. R., Gorin, P. A. J., Iacomini, M., Sassaki, G. L. (2011). Comprehensive analysis of maté (*Ilex paraguariensis*) compounds: Development of chemical strategies for matesaponin analysis by mass spectrometry. Journal of Chromatography A, 1218(41), 7307–7315. http://doi.org/10.1016/j.chroma.2011.08.047

Dudonné, S., Vitrac, X., Coutiére, P., Woillez, M., & Mérillon, J. M. (2009). Comparative study of antioxidant properties and total phenolic content of 30 plant extracts of industrial interest using DPPH, ABTS, FRAP, SOD, and ORAC assays. Journal of Agricultural and Food Chemistry, 57(5), 1768–1774. http://doi.org/10.1021/jf803011r

Dugo, P., Cacciola, F., Donato, P., Jacques, R. A., Caramão, E. B., & Mondello, L. (2009). High efficiency liquid chromatography techniques coupled to mass spectrometry for the characterization of mate extracts. Journal of Chromatography A, 1216(43), 7213–7221. http://doi.org/10.1016/j.chroma.2009.08.030

Dutra, F. L. G., Hoffmann-Ribani, R., & Ribani, M. (2010). Determinação de compostos fenólicos por cromatografia líquida de alta eficiencia isocrática durante estacionamento da erva-mate. Química Nova, 33(1), 119-123. http://dx.doi.org/10.1590/S0100-40422010000100022

Efing, L. C., Caliari, T. K., Nakashima, T., & de Freitas, R. J. S. (2009). Caracterização química e capacidade antioxidante da erva-mate (*Ilex paraguariensis* St. Hil.). Boletim Centro de Pesquisa de Processamento de Alimentos, 27(2), 241–246. http://dx.doi.org/10.5380/cep.v27i2.22034

Erben, M., Poletta, G. L., & Simoniello, M. F. (2014). DNA Repair Activity of *Ilex paraguariensis* in Human Cells *In Vitro*. Latin American Journal of Pharmacy 33(2), 302–306. Disponible en http://www.latamjpharm.org/resumenes/33/2/LAJOP_33_2_1_18.pdf

Escalada, G., Escalada, G., Brumovsky, L. A., & Hartwig, V. G. (2011). Influencia de la zona de cultivo y procesamiento de la yerba mate sobre su contenido de polifenoles totales y capacidad antioxidante. Revista de Ciencia y Tecnología, 13(15), 66–74.

Fagundes, A., Danguy, L. B., Schmitt, V., Mazur, C. E. (2015). *Ilex paraguariensis*: Compostos bioativos e propriedades nutricionais na saúde. Revista Brasileira de Obesidade, Nutrição e Emagrecimento., 5(42), 94–101. Disponible en http://dialnet.unirioja.es/servlet/oaiart?codigo=4837941

Falconi, A., Gutiérrez, M., Benedetto, L., Abin-Carriquiry, J. A., Bracesco, N., & Torterolo, P. (2013). Waking-promoting action of yerba mate (*Ilex paraguariensis*). Sleep Science, 6(1), 9–15. Disponible en http://www.scopus.com/inward/record.url?eid=2-s2.0-84878832309&partnerID=40&md5=4fbaab6292ed0258600fc68609328918

Fantinelli, J., González Arbeláez, L., Ciocci Pardo, A., Schinella, G., & Mosca, S. (2016). Comparative effects of natural products on ischemia-reperfusion injury: relation to their ¨ *in vitro* ¨ antioxidant capacity. Boletín Latinoamericano Y Del Caribe de Plantas Medicinales Y Aromáticas, 15(3), 151–163. Disponible en: http://www.redalyc.org/articulo.oa?id=85645293003

Fernandes, C. E. F., Kuhn, F., Scapinello, J., Lazarotto, M., Bohn, A., Boligon, A. A., … Oliveira, J. V. (2016a). Phytochemical profile, antioxidant and hypolipemiant potential of *Ilex paraguariensis* fruit extracts. Industrial Crops and Products, 81, 139–146. http://doi.org/10.1016/j.indcrop.2015.11.078

Fernandes, C. E. F., Scapinello, J., Bohn, A., Boligon, A. A., Athayde, M. L., Magro, J. D., Palliga, M., Oliveira, J. V. y Tres, M. V. (2017). Phytochemical profile, antioxidant and antimicrobial activity of extracts obtained from erva-mate (*Ilex paraguariensis*) fruit using compressed propane and supercritical CO2. Journal of Food Science and Technology,54(1), 98-104. https://doi.org/10.1007/s13197-016-2440-4

Fernandes, C. E. F., Scapinello, J., Bohn, A., Boligon, A. A., Athayde, M. L., Magro, J. D., … Tres, M. V. (2016b). Phytochemical profile, antioxidant and antimicrobial activity of extracts obtained from erva-mate (*Ilex paraguariensis*) fruit using compressed propane and supercritical CO2. Journal of Food Science and Technology, 54(1), 98–104. http://doi.org/10.1007/s13197-016-2440-4

Fernandes, E. S., de Oliveira Machado, M., Becker, A. M., de Andrade, F., Maraschin, M., & da Silva, E. L. (2012). Yerba mate (*Ilex paraguariensis*) enhances the gene modulation and activity of paraoxonase-2: *In vitro* and *in vivo* studies. Nutrition, 28(11-12), 1157–1164. http://doi.org/10.1016/j.nut.2012.04.011

Ferreira da Silveira, T. F., Meinhart, A. D., Coutinho, J. P., de Souza, T. C. L., Cunha, E. C. E., de Moraes, M. R., & Godoy, H. T. (2016b). Content of lutein in aqueous extracts of yerba mate (*Ilex paraguariensis* St. Hil). Food Research International, 82, 165–171. http://doi.org/10.1016/j.foodres.2015.12.033

Ferreira da Silveira, T. F., Meinhart, A. D., De Souza, T. C. L., Teixeira Filho, J., & Godoy, H. T. (2016a). Phenolic compounds from yerba mate based beverages - A multivariate optimisation. Food Chemistry, 190, 1159–1167. http://doi.org/10.1016/j.foodchem.2015.06.031

Filip, R., Davicino, R., Anesini, C. (2010). Antifungal activity of the aqueous extract of *Ilex paraguariensis* against *Malassezia furfur*. Phytotherapy Research 24 (5), 715-719. https://dx.doi.org/10.1002/ptr.3004

Filip, R., López, P., Giberti, G., Coussio, J., & Ferraro, G. (2001). Phenolic compounds in seven South American *Ilex* species. Fitoterapia, 72(7), 774–778. http://doi.org/http://dx.doi.org/10.1016/S0367-326X(01)00331-8

Filip, R., Lotito, S. B., Ferraro, G., & Fraga, C. G. (2000). Antioxidant activity of *Ilex paraguariensis* and related species. Nutrition Research, 20(10), 1437–1446. http://dx.doi.org/10.1016/S0271-5317(00)80024-X

Filip, R., Sebastian, T., Ferraro, G., & Anesini, C. (2007). Effect of *Ilex* extracts and isolated compounds on peroxidase secretion of rat submandibulary glands. Food and Chemical Toxicology, 45(4), 649–655. http://doi.org/10.1016/j.fct.2006.10.014

Frant, M., Czajka, M., & Paduch, R. (2012). Yerba Maté (*Ilex paraguariensis*) effect on human colon normal and tumor cells. International Journal of Pharmaceutical Sciences and Research, 3(12), 4730-4737. http://dx.doi.org/10.13040/IJPSR.0975-8232.3(12).4730-37

Frizon, C. N. T., Oliveira, G. A., Perussello, C. A., Peralta-Zamora, P. G., Camlofski, A. M. O., Rossa, Ü. B., & Hoffmann-Ribani, R. (2015). Determination of total phenolic compounds in yerba mate (*Ilex paraguariensis*) combining near infrared spectroscopy (NIR) and multivariate analysis. LWT - Food Science and Technology, 60(2), 795–801. http://doi.org/10.1016/j.lwt.2014.10.030

Fujii, T. M., Jacob, P. S., Yamada, M., Borges, M. C., Norde, M. M., Pantaleao, L. C., … Rogero, M. M. (2014). Yerba Mate (*Ilex paraguariensis*) modulates NF-ƙB pathway and AKT expression in the liver of rats fed on a high-fat diet. International Journal of Food Sciences and Nutrition, 65(8), 967–976. http://doi.org/10.3109/09637486.2014.945153

Gambero, A., & Ribeiro, M. L. (2015). The positive effects of yerba maté (*Ilex paraguariensis*) in obesity. Nutrients, 7(2), 730–750. http://doi.org/10.3390/nu7020730

Gamboa-Gómez, C. I., Rocha-guzmán, N. E., Gallegos-infante, J. A., Moreno-jiménez, M. R., Vázquez-cabral, B. D., González-laredo, R. F., … Ote, F. P. (2015). Review article : Plants with potential use on obesity and its complications. Excli Journal, 809–831. http://doi.org/10.17179/excli2015-186

Gao, H., Liu, Z., Qu, X., & Zhao, Y. (2013c). Effects of Yerba Mate tea (*Ilex paraguariensis*) on vascular endothelial function and liver lipoprotein receptor gene expression in hyperlipidemic rats. Fitoterapia, 84(1), 264–272. http://doi.org/10.1016/j.fitote.2012.12.024

Gao, H., Liu, Z., Wan, W., Qu, X., & Chen, M. (2013b). Aqueous extract of yerba mate tea lowers atherosclerotic risk factors in a rat hyperlipidemia model. Phytotherapy Research, 27(8), 1225–1231. http://doi.org/10.1002/ptr.4856

Gao, H., Long, Y., Jiang, X., Liu, Z., Wang, D., Zhao, Y., … Sun, B. liang. (2013a). Beneficial effects of Yerba Mate tea (*Ilex paraguariensis*) on hyperlipidemia in high-fat-fed hamsters. Experimental Gerontology, 48(6), 572–578. http://doi.org/10.1016/j.exger.2013.03.008

Gatto, E. M., Melcon, C., Parisi, V. L., Bartoloni, L., & Gonzalez, C. D. (2015). Inverse association between yerba mate consumption and idiopathic Parkinson's disease. A case-control study. Journal of the Neurological Sciences, 356(1-2), 163–167. http://doi.org/10.1016/j.jns.2015.06.043

Gebara, K. S., Gasparotto-Junior, A., Santiago, P. G., Cardoso, C. A. L., de Souza, L. M., Morand, C., Costa, T. A. y Cardozo-Junior, E. L. (2017). Daily Intake of Chlorogenic Acids from Consumption of Maté (*Ilex paraguariensis* A.St.-Hil.) Traditional Beverages. Journal of Agricultural and Food Chemistry, 65 (46), 10093-10100. https://doi.org/10.1021/acs.jafc.7b04093

Girolometto, G., Avancini, C.A.M., Carvalho, H.H.C., & Wiest, J.M. (2009). Antibacterial activity of yerba mate (*Ilex paraguariensis* A.St.-Hil.) extracts. Revista Brasileira de Plantas Medicinais 11 (1), 49-55. http://dx.doi.org/10.1590/S1516-05722009000100009

Giulian, R., Santos, C. E. I. Dos, De Moraes Shubeita, S., Da Silva, L. M., Dias, J. F., & Yoneama, M. L. (2007). Elemental characterization of commercial mate tea leaves (*Ilex paraguariensis* A. St.-Hil.) before and after hot water infusion using ion beam techniques. Journal of Agricultural and Food Chemistry, 55(3), 741–746. http://doi.org/10.1021/jf062456r

Gnoatto, S. C. B., Schenkel, E. P., & Bassani, V. L. (2005). HPLC Method to Assay Total Saponins in *Ilex paraguariensis* aqueous extract. Journal of the Brazilian Chemical Society 16(4), 723–726. http://dx.doi.org/10.1590/S0103-50532005000500007

Gnoatto, S. C., Dassonville-Klimpt, A., Da Nascimento, S., Galéra, P., Boumediene, K., Gosmann, G., Sonnet, P. y Moslemi, S. (2008). Evaluation of ursolic acid isolated from *Ilex paraguariensis* and derivatives on aromatase inhibition. European Journal of Medicinal Chemistry, 43(9), 1865-77. https://doi.org/10.1016/j.ejmech.2007.11.021

González Arbeláez, L. F., Fantinelli, J. C., Pardo, A. C., Caldiz, C. I., Ríos, J. L., Schinella, G. R., & Mosca, S. M. (2016). Effect of an *Ilex paraguariensis* (yerba mate) extract on infarct size in isolated rat hearts: the mechanisms involved. Food & Function, 7, 816–824. http://doi.org/10.1039/C5FO01255D

Görgen, M., Turatti, K., Medeiros, A. R., Buffon, A., Bonan, C. D., Sarkis, J. J. F., & Pereira, G. S. (2005). Aqueous extract of *Ilex paraguariensis* decreases nucleotide hydrolysis in rat blood serum. Journal of Ethnopharmacology, 97(1), 73–77. http://doi.org/10.1016/j.jep.2004.10.015

Gorzalczany, S., Filip, R., Alonso, M. del R., Miño, J., Ferraro, G. E., & Acevedo, C. (2001). Choleretic effect and intestinal propulsion of “mate” (*Ilex paraguariensis*) and its substitutes or adulterants. Journal of Ethnopharmacology, 75(2-3), 291–294. http://doi.org/10.1016/S0378-8741(01)00179-9

Gosmann, G., Barlette, A. G., Dhamer, T., Arçari, D. P., Santos, J. C., de Camargo, E. R., … Ribeiro, M. L. (2012). Phenolic Compounds from Maté (*Ilex paraguariensis*) Inhibit Adipogenesis in 3T3-L1 Preadipocytes. Plant Foods for Human Nutrition, 67(2), 156–161. http://doi.org/10.1007/s11130-012-0289-x

Gosmann, G., Guillaume, D., Taketa, A. T., & Schenkel, E. P. (1995). Triterpenoid saponins from *Ilex paraguariensis*. Journal of Natural Products, 58(3), 438–441. http://doi.org/10.1021/np50117a015

Gosmann, G., Schenkel, E. P., & Seligmann, O. (1989). A new saponin form mate, *Ilex paraguariensis*. Journal of Natural Products, 52(January), 1367–1370. http://doi.org/10.1021/np50066a036

Grujic, N., Lepojevic, Z., Srdjenovic, B., Vladic, J., & Sudji, J. (2012). Effects of different extraction methods and conditions on the phenolic composition of mate tea extracts. Molecules, 17(3), 2518–2528. http://doi.org/10.3390/molecules17032518

Gugliucci, A. (1996). Antioxidant Effects of *Ilex paraguariensis*: Induction of Decreased Oxidability of Human LDL *in Vivo.* Biochemical and Biophysical Research Communications, 224 (2), 338–344. https://dx.doi.org/10.1006/bbrc.1996.1030

Gugliucci, A., & Bastos, D. H. M. (2009). Chlorogenic acid protects paraoxonase 1 activity in high density lipoprotein from inactivation caused by physiological concentrations of hypochlorite. Fitoterapia, 80(2), 138–142. http://doi.org/10.1016/j.fitote.2009.01.001

Gugliucci, A., & Stahl, A. J. (1995). Low density lipoprotein oxidation is inhibited by extracts of *Ilex paraguariensis*. Biochemistry and Molecular Biology International, 35(1), 47–56.

Gugliucci, A., Bastos, D. H. M., Schulze, J., & Souza, M. F. F. (2009). Caffeic and chlorogenic acids in *Ilex paraguariensis* extracts are the main inhibitors of AGE generation by methylglyoxal in model proteins. Fitoterapia, 80(6), 339–344. http://doi.org/10.1016/j.fitote.2009.04.007

Hartwig, V. G., Brumovsky, L. A., Fretes, R. M., & Boado, L. S. (2012). A novel procedure to measure the antioxidant capacity of Yerba maté extracts. Ciência e Tecnologia de Alimentos, 32(1), 126–133. http://doi.org/10.1590/S0101-20612012005000022

Heck, C. I., & de Mejía, E. G. (2007). Yerba mate tea (*Ilex paraguariensis*): A comprehensive review on chemistry, health implications, and technological considerations. Journal of Food Science, 72(9). http://doi.org/10.1111/j.1750-3841.2007.00535.x

Heinrichs, R., & Malavolta, E. (2001). Composição mineral do produto comercial da erva-mate (*Ilex paraguariensis* St. Hil.). Ciência Rural, 31(5), 781–785. http://doi.org/10.1590/S0103-84782001000500007

Hussein, G. M. E., Matsuda, H., Nakamura, S., Akiyama, T., Tamura, K., & Yoshikawa, M. (2011b). Protective and ameliorative effects of maté (*Ilex paraguariensis*) on metabolic syndrome in TSOD mice. Phytomedicine, 19(1), 88–97. http://doi.org/10.1016/j.phymed.2011.06.036

Hussein, G. M. E., Matsuda, H., Nakamura, S., Hamao, M., Akiyama, T., Tamura, K., & Yoshikawa, M. (2011a). Mate Tea (*Ilex paraguariensis*) Promotes Satiety and Body Weight Lowering in Mice: Involvement of Glucagon-Like Peptide-1. Biological & Pharmaceutical Bulletin, 34(12), 1849–1855. http://doi.org/10.1248/bpb.34.1849

Isolabella, S., Cogoi, L., López, P., Anesini, C., Ferraro, G., & Filip, R. (2010). Study of the bioactive compounds variation during yerba mate (*Ilex paraguariensis*) processing. Food Chemistry, 122(3), 695–699. http://doi.org/10.1016/j.foodchem.2010.03.039

Jacques, R. A., Arruda, E. J., De Oliveira, L. C. S., De Oliveira, A. P., Dariva, C., De Oliveira, J. V., & Caramão, E. B. (2007). Influence of agronomic variables on the macronutrient and micronutrient contents and thermal behavior of mate tea leaves (*Ilex paraguariensis*). Journal of

Agricultural and Food Chemistry, 55(18), 7510–7516. http://doi.org/10.1021/jf071545g

Jaiswal, R., Sovdat, T., Vivan, F., & Kuhnert, N. (2010). Profiling and characterization by LC-MSn of the chlorogenic acids and hydroxycinnamoylshikimate esters in maté (*Ilex paraguariensis*). Journal of Agricultural and Food Chemistry, 58(9), 5471–5484. http://doi.org/10.1021/jf904537z

Kaezer, A. R., Aiub, C. A. F., Mazzei, J. L., Ribeiro-Pinto, L. F., & Felzenszwalb, I. (2012). Antimutagenic effect and phenolic content of green and roasted yerba mate beverages in different packages available in the Brazilian market. CyTA - Journal of Food, 10(2), 144–151. http://doi.org/10.1080/19476337.2011.601429

Kang, Y. R., Lee, H. Y., Kim, J. H., Moon, D. I., Seo, M. Y., Park, S. H., … Oh, H. G. (2012). Anti-obesity and anti-diabetic effects of Yerba Mate (*Ilex paraguariensis*) in C57BL/6J mice fed a high-fat diet. Laboratory Animal Research, 28(1), 23–29. https://dx.doi.org/10.5625%2Flar.2012.28.1.23

Kim, H. J., Ko, J., Storni, C., Song, H. J., & Cho, Y. G. (2012). Effect of green mate in overweight volunteers: A randomized placebo-controlled human study. Journal of Functional Foods, 4(1), 287–293. http://doi.org/10.1016/j.jff.2011.12.005

Kim, S.-Y., Oh, M.-R., Kim, M.-G., Chae, H.-J., & Chae, S.-W. (2015). Anti-obesity effects of Yerba Mate (*Ilex paraguariensis*): a randomized, double-blind, placebo-controlled clinical trial. BMC Complementary and Alternative Medicine, 15(1), 338. http://doi.org/10.1186/s12906-015-0859-1

Klein, G. A., Stefanuto, A., Boaventura, B. C., de Morais, E. C., Cavalcante, L. da S., de Andrade, F., … da Silva, E. L. (2011). Mate Tea (*Ilex paraguariensis*) Improves Glycemic and Lipid Profiles of Type 2

Diabetes and Pre-Diabetes Individuals: A Pilot Study. Journal of the American College of Nutrition, 30(5), 320–332. http://doi.org/10.1080/07315724.2011.10719975

Kraemer, K. H., Taketa, A. T. C., Schenkel, E. P., Gosmann, G., & Guillaume, D. (1996). Matesaponin 5, a highly polar saponin from *Ilex paraguariensis*. Phytochemistry, 42(4), 1119–1122. http://doi.org/10.1016/0031-9422(96)00036-2

Kubo, I., Muroi, H., & Himejima, M. (1993). Antibacterial activity against *Streptococcus mutans* of mate tea flavor components. Journal of Agricultural and Food Chemistry, 41(1), 107–111. http://doi.org/10.1021/jf00025a023

Lanzetti, M., Barroso, M. V., Nesi, R. T., Lopes, A. A., Trajano, E. T. L., Alves, J. N., … Valenca, S. S. (2012). Ready-to-drink matte® tea shows anti-inflammatory and antioxidant properties on a cigarette smoke exposure model. Food Research International, 48(2), 798–801. http://doi.org/10.1016/j.foodres.2012.06.025

Lanzetti, M., Bezerra, F. S., Romana-Souza, B., Brando-Lima, A. C., Koatz, V. L. G., Porto, L. C., & Valenca, S. S. (2008). Mate tea reduced acute lung inflammation in mice exposed to cigarette smoke. Nutrition, 24(4), 375–381. http://doi.org/10.1016/j.nut.2008.01.002

Leonard, S. S., Hogans, V. J., Coppes-Petricorena, Z., Peer, C. J., Vining, T. A., Fleming, D. W., & Harris, G. K. (2010). Analysis of free-radical scavenging of yerba mate (*Ilex paraguariensis*) using electron spin resonance and radical-induced DNA damage. Journal of Food Science, 75(1), 14–20. http://doi.org/10.1111/j.1750-3841.2009.01394.x

Lim, D. W., Kim, J. G., Han, T., Jung, S. K., Lim, E. Y., Han, D., & Kim, Y. T. (2015). Analgesic Effect of *Ilex paraguariensis* Extract on Postoperative and

Neuropathic Pain in Rats. Biological and Pharmaceutical Bulletin, 38(38), 1573–1579. http://doi.org/10.3390/molecules19011060

Lima, J. D. P., Farah, A., King, B., De Paulis, T., & Martin, P. R. (2016). Distribution of Major Chlorogenic Acids and Related Compounds in Brazilian Green and Toasted *Ilex paraguariensis* (Maté) Leaves. Journal of Agricultural and Food Chemistry, 64(11), 2361–2370. http://doi.org/10.1021/acs.jafc.6b00276

Lima, N. D. S., De Oliveira, E., Da Silva, A. P. S., Maia, L. D. A., De Moura, E. G., & Lisboa, P. C. (2014a). Effects of Ilex paraguariensis (yerba mate) treatment on leptin resistance and inflammatory parameters in obese rats primed by early weaning. Life Sciences, 115(1), 29–35. http://doi.org/10.1016/j.lfs.2014.09.003

Lima, N. D. S., Franco, J. G., Peixoto-Silva, N., Maia, L. A., Kaezer, A., Felzenszwalb, I., … Lisboa, P. C. (2014b). *Ilex paraguariensis* (yerba mate) improves endocrine and metabolic disorders in obese rats primed by early weaning. European Journal of Nutrition, 53(1), 73–82. http://doi.org/10.1007/s00394-013-0500-3

Lückemeyer, D. D., Müller, V. D. M., Moritz, M. I. G., Stoco, P. H., Schenkel, E. P., Barardi, C. R. M., … Simões, C. M. O. (2012). Effects of *Ilex paraguariensis* A. St. Hil. (yerba mate) on herpes simplex virus types 1 and 2 replication. Phytotherapy Research, 26(4), 535–540. http://doi.org/10.1002/ptr.3590

Ludka, F. K., Tandler, L. de F., Kuminek, G., Olescowicz, G., Jacobsen, J.y Molz S. (2016). *Ilex paraguariensis* hydroalcoholic extract exerts antidepressant-like and neuroprotective effects: involvement of the NMDA receptor and the L-arginine-NO pathway. Behavioural Pharmacology, 27(4), 384–392. https://doi.org/10.1097/FBP.0000000000000211

Lunceford, N., & Gugliucci, A. (2005). *Ilex paraguariensis* extracts inhibit AGE formation more efficiently than green tea. Fitoterapia, 76(5), 419–427. http://doi.org/10.1016/j.fitote.2005.03.021

Luz, A. B. G., Da Silva, C. H. B., Nascimento, M. V. P. S., De Campos Facchin, B. M., Baratto, B., Fröde, T. S., … Dalmarco, E. M. (2016). The anti-inflammatory effect of *Ilex paraguariensis* A. St. Hil (Mate) in a murine model of pleurisy. International Immunopharmacology, 36, 165–172. http://doi.org/10.1016/j.intimp.2016.04.027

Maiocchi, M. G., Del Vitto, L. A., Petenatti, M. E., Marchevsky, E. J., Avanza, M. V., Pellerano, R. G., & Petenatti, E. M. (2016). Multielemental composition and nutritional value of "dumosa" (*Ilex dumosa*), "yerba mate" (*I. paraguariensis*) and their commercial mixture in different forms of use. Revista de La Facultad de Ciencias Agrarias, 48(1), 145–159. Disponible en http://www.redalyc.org/articulo.oa?id=382846012007

Martinet, A., Ndjoko, K., Terreaux, C., Marston, A., Hostettmann, K., & Schutz, Y. (2001). NMR and LC-MSn characterisation of two minor saponins from *Ilex paraguariensis*. Phytochemical Analysis, 12(1), 48–52. http://doi.org/10.1002/1099-1565(200101/02)12:1<48::AID-PCA560>3.0.CO;2-#

Martins, F., Noso, T. M., Porto, V. B., Curiel, A., Gambero, A., Bastos, D. H. M., … Carvalho, P. de O. (2010). Maté Tea Inhibits *In Vitro* Pancreatic Lipase Activity and Has Hypolipidemic Effect on High-fat Diet-induced Obese Mice. Obesity, 18(1), 42–47. http://doi.org/10.1038/oby.2009.189

Martins, F., Suzan, A. J., Cerutti, S. M., Arçari, D. P., Ribeiro, M. L., Bastos, D. H. M., & Carvalho, P. D. O. (2009). Consumption of mate tea (*Ilex paraguariensis*) decreases the oxidation of unsaturated fatty acids in mouse liver. The British Journal of Nutrition, 101(4), 527–532. http://doi.org/10.1017/S000711450802504X

Marx, F., Janssens, M., Urfer, P., & Scherer, R. (2003). Caffeine and Theobromine Composition of Mate (*Ilex paraguariensis*) leaves in five plantations of Misiones, Argntina . Plant Foods for Human. Nutrition, 58, 1 – 8. http://doi.org/10.1023/B:QUAL.0000041144.28025.fc

Matsumoto, R. L. T., Bastos, D. H. M., Mendonça, S., Nunes, V. S., Bartchewsky, W., Ribeiro, M. L., & de Oliveira Carvalho, P. (2009b). Effects of mate tea (*Ilex paraguariensis*) ingestion on mRNA expression of antioxidant enzymes, lipid peroxidation, and total antioxidant status in healthy young women. Journal of Agricultural and Food Chemistry, 57(5), 1775–80. http://doi.org/10.1021/jf803096g

Matsumoto, R.L., Mendonça, S., de Oliveira, D.M., Souza, M.F., Bastos, D.H. (2009a). Effects of maté tea intake on *ex vivo* LDL peroxidation induced by three different pathways. Nutrients 1 (1), 18-29. https://dx.doi.org/10.3390%2Fnu1010018

Mazzafera, P. (1994). Caffeine, Theobromine, and Theophylline distribution in *Ilex paraguaryensis*. Revista Brasileira de Fisiologia Vegetal 6(2), 149–151.

Mazzafera, P. (1997). Maté drinking: caffeine and phenolic acid intake. Food Chemistry, 60(1), 67–71. http://doi.org/http://dx.doi.org/10.1016/S0308-8146(96)00311-1

Meinhart, A. D., Bizzotto, C. S., Ballus, C. A., Rybka, A. C. P., Sobrinho, M. R., Cerro-Quintana, R. S., … Godoy, H. T. (2010). Methylxanthines and phenolics content extracted during the consumption of mate (*Ilex paraguariensis* St. Hil) beverages. Journal of Agricultural and Food Chemistry, 58(4), 2188–2193. http://doi.org/10.1021/jf903781w

Melcón, C., Bartoloni, L., Parisi, V., González, C., Garreto, N., Arakaki, T., … Gatto, E. (2014). Estudio caso-control en búsqueda de una asociación entre el consumo de yerba mate y la enfermedad de

Parkinson (datos preliminares). Neurologia Argentina, 6(1), 11–16. http://doi.org/10.1016/j.neuarg.2013.11.005

Melo, S.S., Nunes, N.S.I., Baumgarten, C., Tressoldi, C., Faccin, G., Zanuzo, K., Michels, M.K., Cunha, N., Specht, S., Silva, M.W.(2007). Efeito da erva-mate (*Ilex paraguariensis* A. St. Hil.) sobre o perfil metabólico em ratos alimentados com dietas hiperlipídicas. Alimentos e Nutricao Araraquara, 18 (4), 439-447. Disponible en http://www.clinicanutrigene.com.br/_pdfs/efeito_erva_mate.pdf

Menini, T., Heck, C., Schulze, J., De Mejía, E., & Gugliucci, A. (2007). Protective action of *Ilex paraguariensis* extract against free radical inactivation of paraoxonase-1 in high-density lipoprotein. Planta Medica, 73(11), 1141–1147. http://doi.org/10.1055/s-2007-981585

Messina, D., Soto, C., Méndez, A., Corte, C., Kemnitz, M., Avena, V., … Elizalde, R. P. (2015). Efecto hipolipemiante del consumo de mate en individuos dislipidémicos. Nutrición Hospitalaria, 31(5), 2131–2139. http://doi.org/10.3305/nh.2015.31.5.8386

Milioli, E. M., Cologni, P., Santos, C. C., Marcos, T. D., Yunes, V. M., Fernandes, M. S., Schoenfelder, T. & Costa-Campos, L. (2007) Effect of Acute Administration of Hydroalcohol Extract of *Ilex paraguariensis* St Hilaire (Aquifoliaceae) in Animal Models of Parkinson's Disease. Phytotherapy Research 21, 771–776. https://dx.doi.org/10.1002/ptr.2166

Miranda, D. D. C., Arçari, D. P., Pedrazzoli, J., Carvalho, P. D. O., Cerutti, S. M., Bastos, D. H. M., & Ribeiro, M. L. (2008). Protective effects of mate tea (*Ilex paraguariensis*) on H2O 2-induced DNA damage and DNA repair in mice. Mutagenesis, 23(4), 261–265. http://doi.org/10.1093/mutage/gen011

Moraes Pontilho, P., Nunes da Costa Teixeira A., Yuan, C., Alves Luzia, L., Markowicz Bastos, D.H, & Rondó, P.H. (2015). Yerba Mate (*Ilex*

paraguariensis A. St. Hil) and Risk Factors for Cardiovascular Diseases. Journal of Food and Nutrition Research, 3(3), 182–190. http://doi.org/10.12691/jfnr-3-3-9

Moraes Reis, E. D., Neto, F. W. S., Cattani, V. B., Peroza, L. R., Busanello, A., Leal, C. Q., … Fachinetto, R. (2014). Antidepressant-like effect of *Ilex paraguariensis* in rats. BioMed Research International, 2014. http://doi.org/10.1155/2014/958209

Morgan-Martins, M. I., Silva, V. S., Licks, F., Colares, J. R., Schemitt, E. G., Forgiarini, L. F., … Marroni, N. P. (2013). *Ilex paraguariensis* St. Hill (yerba mate) improves the metabolic profile of and protects against oxidative stress in exercised and non-exercised rats. International Journal of Pharma and Bio Sciences, 4(4). Disponible en http://www.ijpbs.net/cms/php/upload/2951_pdf.pdf

Mosimann, A. L., Wilhelm-Filho, D., & Da Silva, E. L. (2006). Aqueous extract of *Ilex paraguariensis* attenuates the progression of atherosclerosis in cholesterol-fed rabbits. BioFactors, 26(1), 59–70. http://doi.org/10.1002/biof.5520260106

Muccillo Baisch, A. L. M., Johnston, K. B., & Stein, F. L. P. (1998). Endothelium-dependent vasorelaxing activity of aqueous extracts of *Ilex paraguariensis* on mesenteric arterial bed of rats. Journal of Ethnopharmacology 60 (2), 133–139. http://dx.doi.org/10.1016/S0378-8741(97)00140-2

Müller, V., Chávez, J. H., Reginatto, F. H., Zucolotto, S. M., Niero, R., Navarro, D., Yunes, R. A., Schenkel, E. P., Barardi, C. R. M., Zanetti, C. R. & Simões, C. M. O. Evaluation of Antiviral Activity of South American Plant Extracts Against Herpes Simplex Virus Type 1 and Rabies Virus. Phytotherapy Research 21, 970-974. https://dx.doi.org/10.1002/ptr.2198

Mullié, C., Jonet, A., Dassonville-Klimpt, A., Gosmann, G., & Sonnet, P. (2010). Inhibitory effect of ursolic acid derivatives on hydrogen peroxide- and glutathione-mediated degradation of hemin: A possible additional mechanism of action for antimalarial activity. Experimental Parasitology, 125(3), 202–207. http://doi.org/10.1016/j.exppara.2010.01.016

Muñoz-Culla, M., Sáenz-Cuesta, M., Guereca-Barandiaran, M. J., Ribeiro, M. L., & Otaegui, D. (2016). Yerba mate (*Ilex paraguariensis*) inhibits lymphocyte activation *in vitro*. Food & Function, 7, 4556–4563. http://doi.org/10.1039/C6FO01061J

Murakami, A. N. N., Amboni, R. D. D. M. C., Prudêncio, E. S., Amante, E. R., Fritzen-Freire, C. B., Boaventura, B. C. B., … Maraschin, M. (2013). Concentration of biologically active compounds extracted from *Ilex paraguariensis* St. Hil. by nanofiltration. Food Chemistry, 141(1), 60–65. http://doi.org/10.1016/j.foodchem.2013.02.119

Nakamura, K. L., Lara, E., Junior, C., Donaduzzi, C. M., & Schuster, I. (2009). Genetic variation of phytochemical compounds in progenies of *Ilex paraguariensis* St . Hil . Crop Breeding and Applied Biotechnology 9, 116–123. Disponible en http://www.sbmp.org.br/cbab/siscbab/uploads/c8eb9791-e4cc-9ef6.pdf

Oh, K.-E., Shin, H., Jeon, Y. H., Jo, Y. H., Lee, M. K., Lee, K. S., … Lee, K. Y. (2016). Optimization of pancreatic lipase inhibitory and antioxidant activities of *Ilex paraguariensis* by using response surface methodology. Archives of Pharmacal Research, 39(7), 946–52. http://doi.org/10.1007/s12272-016-0768-y

Oliveira, D. M., Freitas, H. S., Souza, M. F. F., Arçari, D. P., Ribeiro, M. L., Carvalho, P. O., & Bastos, D. H. M. (2008). Yerba Maté (*Ilex paraguariensis*) aqueous extract decreases intestinal SGLT1 gene expression but does not affect other biochemical parameters in

alloxan-diabetic wistar rats. Journal of Agricultural and Food Chemistry, 56(22), 10527–10532. http://doi.org/10.1021/jf8021404

Pagliosa, C. M., Vieira, M. A., Podestá, R., Maraschin, M., Zeni, A. L. B., Amante, E. R., & Amboni, R. D. de M. C. (2010). Methylxanthines, phenolic composition, and antioxidant activity of bark from residues from mate tree harvesting (*Ilex paraguariensis* A. St. Hil.). Food Chemistry, 122(1), 173–178. http://doi.org/10.1016/j.foodchem.2010.02.040

Pang, J., Choi, Y., & Park, T. (2008). *Ilex paraguariensis* extract ameliorates obesity induced by high-fat diet: Potential role of AMPK in the visceral adipose tissue. Archives of Biochemistry and Biophysics, 476(2), 178–185. http://doi.org/10.1016/j.abb.2008.02.019

Panza, V. P., Diefenthaeler, F., Tamborindeguy, A. C., Camargo, C. de Q., de Moura, B. M., Brunetta, H. S., … da Silva, E. L. (2016). Effects of mate tea consumption on muscle strength and oxidative stress markers after eccentric exercise. The British Journal of Nutrition, 1–9. http://doi.org/10.1017/S000711451600043X

Pavei, C., Guzatto, P., Ros Petrovick, P., Gosmann, G., & González-Ortega, G. (2007). Development and Validation of an HPLC Method for the Characterization and Assay of the Saponins from *Ilex paraguariensis* A. St.-Hil (Mate) Fruits. Journal of Liquid Chromatography & Related Technologies, 30(1), 87–95. http://doi.org/10.1080/10826070601034311

Peixoto, M. P. G., Kaiser, S., Verza, S. G., De Resende, P. E., Treter, J., Pavei, C., … Ortega, G. G. (2012). LC-UV assay method and UPLC/Q-TOF-MS characterisation of saponins from *Ilex paraguariensis* A. St. Hil. (Mate) unripe fruits. Phytochemical Analysis, 23(4), 415–420. http://doi.org/10.1002/pca.1374

Pereira, A. A. F., Tirapeli, K.G., Chaves-Neto, A. H., da Silva Brasilino, M., da Rocha, C. Q., Belló-Klein, A., Llesuy, S. F., Dornelles, R. C. M. y Nakamune, A. C. M. S. (2017a). *Ilex paraguariensis* supplementation may be an effective nutritional approach to modulate oxidative stress during perimenopause. Experimental Gerontology, 90, 14-18. https://doi.org/10.1016/j.exger.2017.01.011

Pereira, C. C., Souza. A. O., Oreste, E. Q., Cidade, M. J. A., Cadore, S., Ribeiro, A. S., & Vieira, M. A. (2016). Acid Decomposition of Yerba Mate (*Ilex paraguariensis*) Using a Reflux System for the Evaluation of Al, Ca, Cd, Cr, Cu, Fe, K, Mg, Mn, Na, Pb and Zn Contents by Atomic Spectrometric Techniques. Journal of the Brazilian Chemical Society 27(4), 685–693. http://dx.doi.org/10.5935/0103-5053.20150317

Pereira, C. S., Stringhetta-Garcia, C. T., da Silva Xavier, L., Tirapeli, K. G., Pereira, A. A. F., Kayahara, G. M., Tramarim, J. M., Crivelini, M. M., Padovani, K. S., Leopoldino, A. M., Louzada, M. J. Q., Belló-Klein, A., Llesuy, S. F., Ervolino, E., Dornelles, R. C. M., Chaves-Neto, A. H. y Nakamune, A. C. M. S. (2017b). *Ilex paraguariensis* decreases oxidative stress in bone and mitigates the damage in rats during perimenopause. Experimental Gerontology, 98, 148-152. https://doi.org/10.1016/j.exger.2017.07.006

Pereira, D. F., Kappel, V. D., Cazarolli, L. H., Boligon, A. A., Athayde, M. L., Guesser, S. M., … Silva, F. R. M. B. (2012). Influence of the traditional Brazilian drink *Ilex paraguariensis* tea on glucose homeostasis. Phytomedicine, 19(10), 868–877. http://doi.org/10.1016/j.phymed.2012.05.008

Peres, R. G., Tonin, F. G., Tavares, M. F. M., & Rodriguez-Amaya, D. B. (2013). HPLC-DAD-ESI/MS identification and quantification of phenolic compounds in *Ilex paraguariensis* beverages and on-line evaluation of individual antioxidant activity. Molecules, 18(4), 3859–3871. http://doi.org/10.3390/molecules18043859

Pérez, J., Maldonado, M., Rojano, B., Alzate, F., Sáez, J., & Cardona, W. (2014). Comparative Antioxidant, Antiproliferative and Apoptotic Effects of *Ilex laurina* and *Ilex paraguariensis* on Colon Cancer Cells. Tropical Journal of Pharmaceutical Research, 13(8), 1279. http://doi.org/10.4314/tjpr.v13i8.12

Pimentel, G. D., Lira, F. S., Rosa, J. C., Caris, A. V., Pinheiro, F., Ribeiro, E. B., … Oyama, L. M. (2013). Yerba mate extract (*Ilex paraguariensis*) attenuates both central and peripheral inflammatory effects of diet-induced obesity in rats. Journal of Nutritional Biochemistry, 24(5), 809–818. http://doi.org/10.1016/j.jnutbio.2012.04.016

Pinto, R. M. C., Lemes, B. M., Zielinski, A. A. F., Klein, T., de Paula, F., Kist, A., Marques, A. S. F., Nogueira, A., Demiate, I. M., & Beltrame, F. L. (2015). Detection and quantification of phytochemical markers of *Ilex paraguariensis* by liquid chromatography. Quimica Nova, 38(9), 1219-1225. http://dx.doi.org/10.5935/0100-4042.20150117

Piovezan-Borges, A. C., Valério-Júnior, C., Gonçalves, I. L., Mielniczki-Pereira, A. A., & Valduga, A. T. (2016). Antioxidant potential of yerba mate (*Ilex paraguariensis* St. Hil.) extracts in *Saccharomyces cerevisae* deficient in oxidant defense genes. Revista Brasileira de Biologia, 76(2), 539–44. http://doi.org/10.1590/1519-6984.01115

Portela, J. L., Soares, D., Rosa, H., Roos, D. H., Pinton, S., Ávila, D. S., & Puntel, R. L. (2016). *Ilex paraguariensis* crude extract acts on protection and reversion from damage induced by t-butyl hydroperoxide in human erythrocytes: A comparative study with isolated caffeic and/or chlorogenic acids. Journal of the Science of Food and Agriculture 2016, http://doi.org/10.1002/jsfa.8001

Prado Martin, J. G., Porto, E., de Alencar, S. M., da Glória, E. M., Corrêa, C. B., & Ribeiro Cabral, I. S. (2013). Antimicrobial activity of yerba mate (*Ilex paraguariensis* St. Hil.) against food pathogens. Revista Argentina de Microbiología, 45(2), 93–98. http://doi.org/10.1016/S0325-7541(13)70006-3

Prediger, R. D. S., Fernandes, M. S., Rial, D., Wopereis, S., Pereira, V. S., Bosse, T. S., … Costa-Campos, L. (2008). Effects of acute administration of the hydroalcoholic extract of mate tea leaves (*Ilex paraguariensis*) in animal models of learning and memory. Journal of Ethnopharmacology, 120(3), 465–473. http://doi.org/10.1016/j.jep.2008.09.018

Przygodda, F., Martins, Z. Z. N., Castaldelli, A. P. A., Minella, T. T. V., Vieira, L. L. P., Cantelli, K., … Padoin, M. J. M. (2010). Effect of erva-mate (*Ilex paraguariensis* A. St.-Hil., Aquifoliaceae) on serum cholesterol, triacylglycerides and glucose in Wistar rats fed a diet supplemented with fat and sugar. Revista Brasileira de Farmacognosia, 20(6), 956–961. http://doi.org/10.1590/S0102-695X2010005000045

Puangpraphant, S., & De Mejía, E. G. (2009). Saponins in yerba mate tea (*Ilex paraguariensis* A. St.-Hil) and quercetin synergistically inhibit iNOS and COX-2 in lipopolysaccharide-induced macrophages through NF-ƙB pathways. Journal of Agricultural and Food Chemistry, 57(19), 8873–8883. http://doi.org/10.1021/jf902255h

Puangpraphant, S., Berhow, M. A., & de Mejia, E. G. (2011a). Mate (*Ilex paraguariensis* St. Hilaire) saponins induce caspase-3-dependent apoptosis in human colon cancer cells *in vitro*. Food Chemistry, 125(4), 1171–1178. http://doi.org/10.1016/j.foodchem.2010.10.023

Puangpraphant, S., Berhow, M. A., Vermillion, K., Potts, G., & Gonzalez de Mejia, E. (2011b). Dicaffeoylquinic acids in Yerba mate (*Ilex paraguariensis* St. Hilaire) inhibit NF-ƙB nucleus translocation in macrophages and induce apoptosis by activating caspases-8 and -3 in human colon cancer cells. Molecular Nutrition and Food Research, 55(10), 1509–1522. http://doi.org/10.1002/mnfr.201100128

Puangpraphant, S., Dia, V. P., De Mejia, E. G., Garcia, G., Berhow, M. A., & Wallig, M. A. (2013). Yerba mate tea and mate saponins prevented azoxymethane-induced inflammation of rat colon through

suppression of NF-ƙB p65ser[311] signaling via IƙB-α and GSK-3β reduced phosphorylation. BioFactors, 39(4), 430–440. http://doi.org/10.1002/biof.1083

Ramallo, L. A., Smorcewski, M., Valdez, E. C., Paredes, A. M., Schmalko, M. E. (1998). Contenido nutricional del extracto acuoso de yerba mate en tres formas diferentes de consumo. La Alimentación Latinoamericana, 225, pp. 48-52.

Ramirez-Mares, M. V., Chandra, S., & de Mejia, E. G. (2004). *In vitro* chemopreventive activity of *Camellia sinensis*, *Ilex paraguariensis,* and *Ardisia compressa* tea extracts and selected polyphenols. Mutation Research 554(2004), 53–65. http://doi.org/10.1016/j.mrfmmm.2004.03.002

Ramirez-Mares, M. V., Kobayashi, H., & de Mejia, E. G. (2016). Inhibitory effect of *Camellia sinensis*, *Ilex paraguariensis* and *Ardisia compressa* tea extracts on the proliferation of human head and neck squamous carcinoma cells. Toxicology Reports, 3, 269–278. http://doi.org/10.1016/j.toxrep.2016.01.013

Ranilla, L. G., Apostolidis, E., & Shetty, K. (2012). Ultraviolet protective properties of Latin American herbs on *Saccharomyces cerevisiae* and likely mode of action through the proline-linked pentose phosphate pathway: Focus on the yerba mate tea (*Ilex paraguariensis*). Journal of Food Biochemistry, 36(3), 322–333. http://doi.org/10.1111/j.1745-4514.2011.00557.x

Rempe, C. S., Burris, K. P., Woo, H. L., Goodrich, B., Gosnell, D. K., Tschaplinski, T. J., & Stewart, C. N. (2015). Computational ranking of yerba mate small molecules based on their predicted contribution to antibacterial activity against methicillin-resistant *Staphylococcus aureus*. PLoS ONE, 10(5), 1–18. http://doi.org/10.1371/journal.pone.0123925

Rempe, C. S., Lenaghan, S. C., Burris, K. P. y Stewart Jr, C. N. (2017). Metabolomic analysis of the mechanism of action of yerba mate aqueous extract on *Salmonella enterica* serovar Typhimurium. Metabolomics, 16, 1-13. https://doi.org/10.1007/s11306-016-1159-6

Riachi, L. G. y De Maria, C. A. B. (2017). Yerba mate: An overview of physiological effects in humans. Journal of Functional Foods, 38, 308-320. https://doi.org/10.1016/j.jff.2017.09.020

Ribeiro, M.C., Santos, Â, Riachi, L. G., Rodrigues, A. C. B., Coelho, G. C., Marcellini, P. S., Bento, C. A. D. M. y de Maria, C. A. B. (2017). The effects of roasted yerba mate (*Ilex paraguariensis* A. ST. Hil.) consumption on glycemia and total serum creatine phosphokinase in patients with traumatic brain injury. Journal of Functional Foods, 28 (2017), 240-245. https://doi.org/10.1016/j.jff.2016.11.024

Ricco, R. A., Wagner, M. L., & Giberti, G. C. (1995). Antocianos foliares de *Ilex paraguariensis* St . Hil . Acta Farmacéutica Bonaerense, 14(2), 87–90. Disponible en: http://www.latamjpharm.org/resumenes/14/2/LAJOP_14_2_1_2.pdf

Ricco, R. A., Wagner, M. L., & Gurni, A. A. (1991). Estudio comparativo de flavonoides en seis especies austrosudamericanas del género *Ilex*. Acta Farmacéutica Bonaerense, 10(1), 29–35. Disponible en http://sedici.unlp.edu.ar/handle/10915/7209

Ríos, J. L., Francini, F., & Schinella, G. R. (2015). Natural products for the treatment of type 2 Diabetes mellitus. Planta Medica, 81(12-13), 975–994. http://doi.org/10.1055/s-0035-1546131

Rivelli, D. P., Almeida, R. L., Ropke, C. D., & Barros, S. B. M. (2011). Hydrolysis influence on phytochemical composition, antioxidant activity, plasma concentration, and tissue distribution of hydroethanolic *Ilex*

paraguariensis extract components. Journal of Agricultural and Food Chemistry, 59(16), 8901–8907. http://doi.org/10.1021/jf201665t

Rivelli, D. P., Vitoriano, V., Ropke, C. D., Miranda, D. V., Almeida, R. L., Cristina, T., … Barros, D. M. (2007). Simultaneous determination of chlorogenic acid , caffeic acid and caffeine in hydroalcoholic and aqueous extracts of *Ilex paraguariensis* by HPLC and correlation with antioxidant capacity of the extracts by DPPH· reduction. Brazilian Journal of Pharmaceutical Sciences, 43(2), 215–222. http://doi.org/10.1590/S1516-93322007000200007

Rodríguez Vaquero, M. J., Tomassini Serravalle, L. R., Manca de Nadra, M. C., & Strasser de Saad, A. M. (2010). Antioxidant capacity and antibacterial activity of phenolic compounds from argentinean herbs infusions. Food Control, 21(5), 779–785. http://doi.org/10.1016/j.foodcont.2009.10.017

Saldaña, M. D., Mohamed, R. S., Baer, M. G., & Mazzafera, P. (1999). Extraction of purine alkaloids from maté (*Ilex paraguariensis*) using supercritical CO_2. Journal of Agricultural and Food Chemistry, 47(9), 3804–8. http://doi.org/10.1021/jf981369z

Sánchez Boado, L., Fretes, R. M. & Brumovsky, L. A. (2015). Bioavailability and antioxidant effect of the *Ilex paraguariensis* polyphenols. Nutrition & Food Science, 45(2), 326-335. http://dx.doi.org/10.1108/NFS-08-2014-0079

Santiago, P. G., Gasparotto, F. M., Gebara, K. S., Bacha, F. B., Lívero, F. A. D. R., Strapazon, M. A., Junior, E. L. C., Kassuya, C. A. L., de Souza, L. M. y Gasparotto Junior, A. (2017). Mechanisms underlying antiatherosclerotic properties of an enriched fraction obtained from *Ilex paraguariensis* A. St.-Hil. Phytomedicine: International Journal of Phytotherapy and Phytopharmacology, 34, 162-170. https://doi.org/10.1016/j.phymed.2017.08.012

Santos Branco, C. dos S., Scola, G., Rodrigues, A. D., Cesio, V., Laprovitera, M., Heinzen, H., … Salvador, M. (2013). Anticonvulsant, neuroprotective and behavioral effects of organic and conventional yerba mate (*Ilex paraguariensis* St. Hil.) on pentylenetetrazol-induced seizures in Wistar rats. Brain Research Bulletin, 92, 60–68. http://doi.org/10.1016/j.brainresbull.2012.11.008

Santos, E. C. S., Bicca, M. A., Blum-Silva, C. H., Costa, A. P. R., dos Santos, A. A., Schenkel, E. P., … de Lima, T. C. M. (2015). Anxiolytic-like, stimulant and neuroprotective effects of *Ilex paraguariensis* extracts in mice. Neuroscience, 292, 13–21. http://doi.org/10.1016/j.neuroscience.2015.02.004

Santos, J. C., Gotardo, E. M. F., Brianti, M. T., Piraee, M., Gambero, A., & Ribeiro, M. L. (2014). Effects of yerba maté, a plant extract formulation ("YGD") and resveratrol in 3T3-L1 adipogenesis. Molecules, 19(10), 16909–16924. http://doi.org/10.3390/molecules191016909

Sari, F., Turkmen, N., Polat, G., & Velioglu, Y. S. (2007). Total polyphenol, antioxidant and antibacterial activities of black mate tea. Food Science and Technology Research, 13, 265–269. http://doi.org/10.3136/fstr.13.265

Schenkel, E. P., Montanha, J. A. & Gosmann, G. (1996). Triterpene saponins from Maté, *Ilex paraguariensis*. In: Waller, G. R. & Yamasaki, K. (Eds.) Saponins used in food and agriculture, vol. 405. (pp 47–56). Series Advances in Experimental Medicine and Biology, New York: Plenum Press. https://dx.doi.org/10.1007/978-1-4613-0413-5_5

Scherer, R., Urfer, P., Mayol, M. R., Belingheri, L. D., Marx, F., & Janssens, M. J. J. (2002). Inheritance studies of caffeine and theobromine content of Mate (*Ilex paraguariensis*) in Misiones, Argentina. Euphytica, 126(2), 203–210. http://doi.org/10.1023/A:1016375012471

Schinella, G. R., Troiani, G., Dávila, V., de Buschiazzo, P. M., & Tournier, H. a. (2000). Antioxidant effects of an aqueous extract of *Ilex paraguariensis*. Biochemical and Biophysical Research Communications, 269(2), 357–60. http://doi.org/10.1006/bbrc.2000.2293

Schinella, G., Fantinelli, J. C., & Mosca, S. M. (2005). Cardioprotective effects of *Ilex paraguariensis* extract: Evidence for a nitric oxide-dependent mechanism. Clinical Nutrition, 24(3), 360–366. http://doi.org/10.1016/j.clnu.2004.11.013

Schinella, G., Fantinelli, J. C., Tournier, H., Prieto, J. M., Spegazzini, E., Debenedetti, S., & Mosca, S. M. (2009). Antioxidant and cardioprotective effects of *Ilex brasiliensis*: A comparative study with *Ilex paraguariensis* (yerba mate). Food Research International, 42(10), 1403–1409. http://doi.org/10.1016/j.foodres.2009.07.004

Schinella, G., Neyret, E., Cónsole, G., Tournier, H., Prieto, J. M., Ríos, J. L., & Giner, R. M. (2014). An aqueous extract of *Ilex paraguariensis* reduces carrageenan-induced edema and inhibits the expression of cyclooxygenase-2 and inducible nitric oxide synthase in animal models of inflammation. Planta Medica, 80(12), 961–968. http://doi.org/10.1055/s-0034-1382876

Schubert, A., Pereira, D. F., Zanin, F. F., Alves, S. H., Beck, R. C. R., & Athayde, M. L. (2007). Comparison of antioxidant activities and total polyphenolic and methylxanthine contents between the unripe fruit and leaves of *Ilex paraguariensis* A. St. Hil. Pharmazie, 62(11), 876–880. http://doi.org/10.1691/ph.2007.11.7052

Schubert, A., Zanin, F. F., Pereira, D. F., & Athayde, M. L. (2006). Variação anual de metilxantinas totais em amostras de *Ilex paraguariensis* A. St. - Hil. (erva- mate) em Ijuí e Santa María, estado do Rio Grande do Sul. Quimica Nova, 29(6), 1233–1236. http://dx.doi.org/10.1590/S0100-40422006000600016

Silva, R. D. A., Bueno, A. L. S., Gallon, C. W., Gomes, L. F., Kaiser, S., Pavei, C., … Jahn, M. P. (2011). The effect of aqueous extract of gross and commercial yerba mate (*Ilex paraguariensis*) on intra-abdominal and epididymal fat and glucose levels in male Wistar rats. Fitoterapia, 82(6), 818–826. http://doi.org/10.1016/j.fitote.2011.04.011

Souza, A. H. P., Corrêa, R. C. G., Barros, L., Calhelha, R. C., Santos-Buelga, C., Peralta, R. M., … Ferreira, I. C. F. R. (2015). Phytochemicals and bioactive properties of *Ilex paraguariensis*: An *in-vitro* comparative study between the whole plant, leaves and stems. Food Research International, 78, 286–294. http://doi.org/10.1016/j.foodres.2015.09.032

Stein, F. L. P. (2005). Vascular Responses to Extractable Fractions of *Ilex paraguariensis* in Rats Fed Standard and High-Cholesterol Diets. Biological Research For Nursing, 7(2), 146–156. http://doi.org/10.1177/1099800405280521

Strassmann, B. B., Vieira, A. R., Pedrotti, E. L., Morais, H. N. F., Dias, P. F., & Maraschin, M. (2008). Quantitation of methylxanthinic alkaloids and phenolic compounds in mate (*Ilex paraguariensis*) and their effects on blood vessel formation in chick embryos. Journal of Agricultural and Food Chemistry, 56(18), 8348–8353. http://doi.org/10.1021/jf801041f

Sugimoto, S., Nakamura, S., Yamamoto, S., Yamashita, C., Oda, Y., Matsuda, H., & Yoshikawa, M. (2009). Brazilian natural medicines. III. structures of triterpene oligoglycosides and lipase inhibitors from mate, leaves of *Ilex paraguariensis*. Chemical Pharmaceutical Bulletin, 57(3), 257–261. http://doi.org/10.1248/cpb.57.257

Taketa, A. T. C., Breitmaier, E., & Schenkel, E. P. (2004b). Triterpenes and triterpenoidal glycosides from the fruits of *Ilex paraguariensis* (Maté). Journal of the Brazilian Chemical Society, 15(2), 205–211. http://doi.org/10.1590/S0103-50532004000200008

Taketa, A. T. C., Gnoatto, S. C. B., Gosmann, G., Pires, V. S., Schenkel, E. P., & Guillaume, D. (2004a). Triterpenoids from Brazilian *Ilex* species and their *in vitro* antitrypanosomal activity. Journal of Natural Products, 67(10), 1697–1700. http://doi.org/10.1021/np040059

Tamura, A., Sasaki, M., Yamashita, H., Matsui-Yuasa, I., Saku, T., Hikima, T., … Kojima-Yuasa, A. (2013). Yerba-mate (*Ilex paraguariensis*) extract prevents ethanol-induced liver injury in rats. Journal of Functional Foods, 5(4), 1714–1723. http://doi.org/10.1016/j.jff.2013.07.017

Torterolo, P., Falconi, A., Benedetto, L., Rodriguez-Haralambides, A., Rufo, C., & Bracesco, N. (2014). Yerba mate: efectos sobre la vigilia y el sueño. Revista AnFaMed, 1(1), 28–40. Disponible en: http://www.anfamed.edu.uy/index.php/rev/article/view/68/27

Treter, J., Peixoto, M. P. G., Giordani, R. B., Holz, C. L., Roehe, P. M., Tasca, T., & Ortega, G. G. (2010). Anti-*Trichomonas vaginalis* activity of saponins from *Ilex paraguariensis* (“mate”) fruits. Latin American Journal of Pharmacy, 29(6), 914–918. Disponible en: https://www.researchgate.net/publication/216622857_Anti-Trichomonas_vaginalis_Activity_of_Saponins_from_Ilex_paraguariensis_Mate_Fruits

Tsai, T. H., Tsai, T. H., Chien, Y. C., Lee, C. W., & Tsai, P. J. (2008). *In vitro* antimicrobial activities against cariogenic streptococci and their antioxidant capacities: A comparative study of green tea versus different herbs. Food Chemistry, 110(4), 859–864. http://doi.org/10.1016/j.foodchem.2008.02.085

Turner, S., Cogoi, L., Isolabella, S., Filip, R., & Anesini, C. (2011). Evaluation of the antioxidant activity and polyphenols content of *Ilex paraguariensis* (mate) during industrialization. Advance Journal of Food Science and Technology, 3(1), 23–30. Disponible en: http://maxwellsci.com/print/ajfst/v3-23-30.pdf

Valduga, A. T., Gonçalves, I. L., Borges, A. C. P., Mielniczki-Pereira, A. A., & Picolo, A. P. (2016). <b>Cytotoxic / antioxidant activity and sensorial acceptance of yerba-mate development by oxidation process. Acta Scientiarum. Technology, 38(1), 115. http://doi.org/10.4025/actascitechnol.v38i1.26033

Valerga, J., Reta, M., & Lanari, M. C. (2012). Polyphenol input to the antioxidant activity of yerba mate (*Ilex paraguariensis*) extracts. LWT - Food Science and Technology, 45(1), 28–35. http://doi.org/10.1016/j.lwt.2011.07.022

Valerga, J., Shorthose, R., & Lanari, M. C. (2013). Antioxidant activity of yerba mate extracts: Interactions between the individual polyphenols. European Journal of Lipid Science and Technology, 115(5), 513–525. http://doi.org/10.1002/ejlt.201200304

Vieira, M. A., Maraschin, M., Pagliosa, C. M., Podestá, R., de Simas, K. N., Rockenbach, I. I., … Amante, E. R. (2010). Phenolic acids and methylxanthines composition and antioxidant properties of mate (*Ilex paraguariensis*) residue. Journal of Food Science, 75(3), 280–285. http://doi.org/10.1111/j.1750-3841.2010.01548.x

Yu, S., Yue, S. W., Liu, Z., Zhang, T., Xiang, N., & Fu, H. (2015). Yerba mate (*Ilex paraguariensis*) improves microcirculation of volunteers with high blood viscosity: A randomized, double-blind, placebo-controlled trial. Experimental Gerontology, 62, 14–22. http://doi.org/10.1016/j.exger.2014.12.016

Zapaterini, J. R., Bidinotto, L. T., Rodriguues, M. A. M., & Barbisan, L. F. (2010). Chemopreventive effects of mate against mouse mammary and colon carcinogenesis. Human & Experimental Toxicology, 29(3), 175–185. http://doi.org/10.1177/0960327109359636

Zenaro, L. C., Andrade, L. B., Santos, P., & Locatelli, C. (2014). Effects of Aqueous Extract of Yerba Mate (*Ilex Paraguariensis*) on the

Oxidative Stress in Rats Fed a Cafeteria Diet. International Journal of Natural Sciences Research, 2(23), 30–43. Disponible en http://pakinsight.com/?ic=journal&journal=63

Zielinski, A. A. F., Haminiuk, C. W. I., Alberti, A., Nogueira, A., Demiate, I. M., & Granato, D. (2014). A comparative study of the phenolic compounds and the *in vitro* antioxidant activity of different Brazilian teas using multivariate statistical techniques. Food Research International, 60, 246–254. http://doi.org/10.1016/j.foodres.2013.09.010