



YERBA MATE makes you feel better

Many scientific studies have come to the conclusion that having MATE everyday increase a great number of healthy benefits.

1. Powerful antioxidant

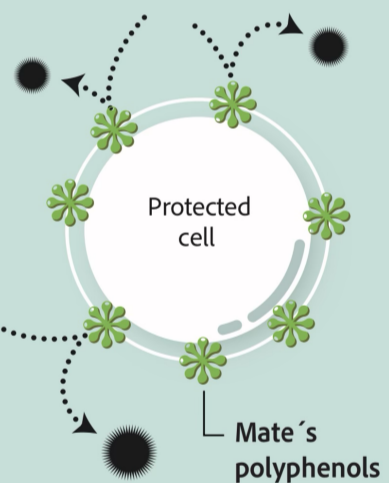
The "mate" has a huge source of antioxidants that protect our organism from oxidative damage, such as xantines, xntines, caffeyol derivatives, saponins and polyphenols.

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.



ANTIOXIDANT EFFECT
The 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

2. Natural stimulant

The mate contains caffeine which is a central nervous system stimulant. **It helps being aware of, focused on other stimuli and brings an energizing sensation.**

For this reason, when we have to study or work could be a great ally.

Additionally, those who consume yerba mate regularly rave that it enhances alertness like coffee but without the jittery side effects.

3. May enhance physical performance

Since yerba mate contains a moderate amount of caffeine, those drinking it can expect similar physical performance benefits.

In fact, in one 2014 study, those given a 1-gram (g) capsule of ground yerba mate leaves right before exercise burned 24% more fat during moderate intensity exercise.

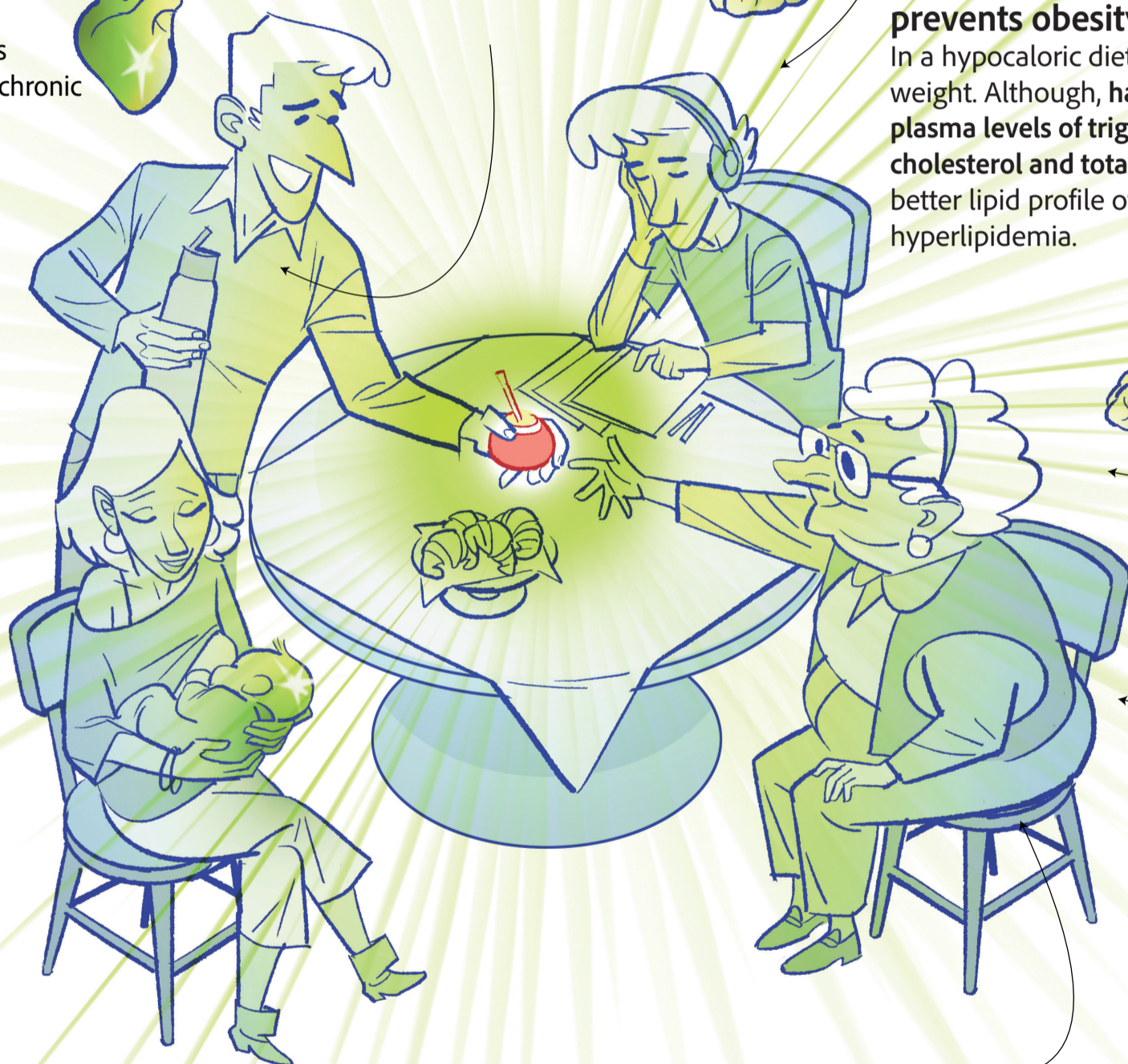


4. May protect against infections

Some older test-tube studies found that a high dose of yerba mate extract deactivated E. coli, a bacteria that causes food poisoning symptoms like stomach cramps and diarrhea. Compounds in yerba mate may also prevent the growth of Malassezia furfur, a type of fungus responsible for scaly skin, dandruff, and certain skin rashes.

5. It helps regulating weight and prevents obesity

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



7. May lower your risk of heart disease

Yerba mate contains antioxidant compounds, such as caffeyol derivatives and polyphenols, which may protect against heart disease.

Having mate helps in cardiovascular diseases prevention as myocardial infarctions and strokes.

6. Lowers blood sugar levels

Yerba Mate may help lower blood sugar levels and reduce complications associated with diabetes.

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 which is a neurotransmitter that plays a role in mechanism of motivation and reward which increases the pleasant moment.

