

# YERBA MATE POWDER



1 Pound (16 oz)

Retail Price: \$20.00

**Description:** Raintree Nutrition's yerba mate leaf powder (*Ilex paraguariensis*) has been sustainably harvested in the Brazilian Amazon and is rich in the naturally occurring plant chemicals that this plant is regarded for. The primary active chemical constituency of yerba mate comprises xanthine alkaloids (caffeine, theobromine, and theophylline), saponins, and up to 10% chlorogenic acid. Sterols resembling ergosterol and cholesterol are also present in yerba mate, and novel saponins have been discovered in the leaf (and named *matesaponins*). For more complete information on this rainforest plant, please see the Raintree Nutrition internet website and online [Tropical Plant Database](#).

**Traditional Uses:**\* as a stimulant (for its caffeine content); as an overall tonic (tones, balances, strengthens the body) and digestive aid; for obesity and as part of weight loss regimens; as a general nervine (balances/calms nerves) for nerve pain, nervous fatigue, and depression; for allergies and sinusitis

**Ingredients:** 100% pure yerba mate leaves (*Ilex paraguayensis*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated. It is a wild harvested product—grown naturally in the Brazilian Amazon without any pesticides or fertilizers.

**Suggested Use:** This plant is best prepared as an infusion (tea): Use one teaspoon of powder for each cup of water. Pour boiling water over herb in cup and allow to steep 10 minutes. Strain tea (or allow settled powder to remain in the bottom of cup) and drink warm. It is traditionally taken in 1 cup amounts, 2-3 times daily.

**Contraindications:**

- Yerba mate contains caffeine and should not be used by those who are sensitive or allergic to caffeine. Excessive consumption of caffeine is contraindicated for persons with high blood pressure, diabetes, ulcers, and other diseases.
- Yerba mate should not be consumed excessively and chronically (as it has been documented to increase the risk of oral and esophageal cancers).

**Drug Interactions:** None documented.

**Clinical Documentation and Research:**\* This Raintree product has not been the subject of any clinical research. Available third-party documentation and research on yerba mate can be found at the Raintree website or at [PubMed](#). A partial listing of the published third party research on yerba mate is shown below:

**Anti-fatigue & Stimulant Actions:**

Lieberman, H. R., et al. "Effects of caffeine, sleep loss, and stress on cognitive performance and mood during U.S. Navy SEAL training." *Psychopharmacology*. 2002; 164(3): 250–61.

Alikaridis, F. "Natural constituents of *Ilex* species." *J. Ethnopharmacol.* 1987; 20(2): 121–44.

Fossati, C. "On the virtue and therapeutic properties of 'yerba-maté' (*Ilex paraguayensis* or *paraguariensis* St. Hilaire 1838)." *Clin. Ter.* 1976; 78(3): 265–72.

Vasquez, A., et al. "Studies on maté drinking." *J. Ethnopharmacol.* 1986; 18: 267–72.

**Antioxidant & Cellular Protective Actions:**

Filip, R., et al. "Effect of *Ilex* extracts and isolated compounds on peroxidase secretion of rat submandibular glands." *Food. Chem. Toxicol.* 2006 Oct 27;

Bixby, M., et al. "*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 Sci.* 2005 Jun; 77(3): 345.

Arbiser, J. L., et al. "Naturally occurring proteasome inhibitors from mate tea (*Ilex paraguayensis*) serve as models for topical proteasome inhibitors." *J. Invest. Dermatol.* 2005 Aug; 125(2): 207-12.

Chandra, S., et al. "Polyphenolic compounds, antioxidant capacity, and quinone reductase activity of an aqueous extract of *Ardisia compressa* in comparison to mate (*Ilex paraguariensis*) and green (*Camellia sinensis*) teas." *J. Agric. Food Chem.* 2004 Jun; 52(11): 3583-9.

Ramirez-Mares, M. V., et al. "*In vitro* chemopreventive activity of *Camellia sinensis*, *Ilex paraguariensis* and

*Ardisia compressa* tea extracts and selected polyphenols." *Mutat. Res.* 2004 Oct; 554(1-2): 53-65.

Bracesco, N., et al. "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." *J. Altern. Complement. Med.* 2003 Jun; 9(3): 379-87.

Actis-Goretta, L., et al. "Comparative study on the antioxidant capacity of wines and other plant-derived beverages." *Ann. N. Y. Acad. Sci.* 2002; 957: 279-83.

Filip, R., et al. "Antioxidant activity of *Ilex paraguariensis* and related species." *Nutr. Res.* 2000; 20(10): 1437-46.

Schinella, G. R., et al. "Antioxidant effects of an aqueous extract of *Ilex paraguariensis*." *Biochem. Biophys. Res. Commun.* 2000; 269(2): 357-60.

Gugliucci, A. "Antioxidant effects of *Ilex paraguariensis*: induction of decreased oxidability of human LDL *in vivo*." *Biochem. Biophys. Res. Commun.* 1996; 224(2): 338-44.

Gugliucci, A. "Low-density lipoprotein oxidation is inhibited by extracts of *Ilex paraguariensis*." *Biochem. Mol. Biol. Int.* 1995; 35(1): 47-56.

#### **Anti-Obesity, Thermogenic (fat-burning), & Cholesterol-Lowering Actions:**

Dickel, M. L., et al. "Plants popularly used for losing weight purposes in Porto Alegre, South Brazil." *J. Ethnopharmacol.* 2007 Jan; 109(1): 60-71.

Mosimann, A. L., et al. "Aqueous extract of *Ilex paraguariensis* attenuates the progression of atherosclerosis in cholesterol-fed rabbits." *Biofactors.* 2006; 26(1): 59-70.

Pittler, M. H., "Adverse events of herbal food supplements for body weight reduction: systematic review." *Obes. Rev.* 2005 May; 6(2): 93-111.

Paganini Stein, F. L., et al. "Vascular responses to extractable fractions of *Ilex paraguariensis* in rats fed standard and high-cholesterol diets." *Biol. Res. Nurs.* 2005 Oct; 7(2): 146-56.

Collomp, K., et al. "Effects of salbutamol and caffeine ingestion on exercise metabolism and performance." *Int. J. Sports Med.* 2002; 23(8): 549-54.

Anderson, T., et al. "Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients." *J. Hum. Nutr. Diet.* 2001; 14(3): 243-50.

Martinet, A., et al. "Thermogenic effects of commercially available plant preparations aimed at treating human obesity." *Phytomedicine.* 1999; 6(4): 231-38.

#### **Anti-inflammatory Actions:**

Matsunaga, K., et al. "Inhibitory action of Paraguayan medicinal plants on 5-lipoxygenase." *Natural Med.* 2000; 54(3): 151-54.

Marr, K., et al. "Pharmacokinetics and pharmacodynamics of fenleuton, a 5-lipoxygenase inhibitor, in ponies." *Res. Vet. Sci.* 1998; 64(2): 111-17.

Yasukawa, K., et al. "Inhibitory effect of edible plant extracts on 12-o-tetradecanoylphorbol-13-acetate-induced ear oedema in mice." *Phytother. Res.* 1993; 7(2): 185-89.

#### **Anti-Diabetic Actions:**

Lunceford, N., et al. "*Ilex paraguariensis* extracts inhibit AGE formation more efficiently than green tea." *Fitoterapia.* 2005 Jul; 76(5): 419-27.

Gugliucci, A., et al. "The botanical extracts of *Achyrocline satureoides* and *Ilex paraguariensis* prevent methylglyoxal-induced inhibition of plasminogen and antithrombin III." *Life Sci.* 2002; 72(3): 279-92.

Kalousova, M., et al. "Advanced glycation end-products and advanced oxidation protein products in patients with diabetes mellitus." *Physiol. Res.* 2002; 51(6): 597-604.

#### **Bile Stimulant Actions:**

Gorzalczany, S., et al. "Choleretic effect and intestinal propulsion of 'maté' (*Ilex paraguariensis*) and its substitutes of adulterants." *J. Ethnopharmacol.* 2001; 75(2-3): 291-94.

#### **Heart Tonic Actions:**

Mosimann, A. L., et al. "Aqueous extract of *Ilex paraguariensis* attenuates the progression of atherosclerosis in cholesterol-fed rabbits." *Biofactors.* 2006; 26(1): 59-70.

Paganini Stein, F. L., et al. "Vascular responses to extractable fractions of *Ilex paraguariensis* in rats fed standard and high-cholesterol diets." *Biol. Res. Nurs.* 2005 Oct; 7(2): 146-56.

Schinella, G., et al. "Cardioprotective effects of *Ilex paraguariensis* extract: evidence for a nitric oxide-dependent mechanism." *Clin. Nutr.* 2005 Jun; 24(3): 360-6.

Gorgen, M., et al. "Aqueous extract of *Ilex paraguariensis* decreases nucleotide hydrolysis in rat blood serum." *J. Ethnopharmacol.* 2005 Feb; 97(1): 73-7.

Leborgne, L., et al. "Oxidative stress, atherogenesis and cardiovascular risk factors." *Arch. Mal. Coeur. Vaiss.* 2002; 95(9): 805-14.

Muccillo Baisch, A. L., et al. "Endothelium-dependent vasorelaxing activity of aqueous extracts of *Ilex paraguariensis* on mesenteric arterial bed of rats." *J. Ethnopharmacol.* 1998; 60(2): 133-39.

#### **Anticancerous Actions:**

Arbiser, J. L., et al. "Naturally occurring proteasome inhibitors from mate tea (*Ilex paraguayensis*) serve as models for topical proteasome inhibitors." *J. Invest. Dermatol.* 2005 Aug; 125(2): 207-12.

Gonzalez de Mejia, E., et al. "Effect of yerba mate (*Ilex paraguariensis*) tea on topoisomerase inhibition and oral carcinoma cell proliferation." *J. Agric. Food Chem.* 2005 Mar; 53(6): 1966-73.

#### **Cancerous Actions:**

Fagundes, R. B., et al. "Higher urine 1-hydroxy pyrene glucuronide (1-OHPG) is associated with tobacco smoke exposure and drinking mate in healthy subjects from Rio Grande do Sul, Brazil." *BMC Cancer.* 2006 May; 6: 139.

Bates, M. N., et al. "Bladder cancer and mate consumption in Argentina: A case-control study." *Cancer Lett.* 2007 Feb; 246(1-2): 268-73.

Goldenberg, D., et al. "The beverage mate: a risk factor for cancer of the head and neck." *Head Neck.* 2003; 25(7): 595-601.

Sewram, V., et al. "Mate consumption and the risk of squamous cell esophageal cancer in Uruguay." *Cancer Epidemiol. Biomarkers Prev.* 2003; 12(6): 508-13.

Castellsague, X., et al. "Influence of maté drinking, hot beverages and diet on esophageal cancer risk in South America." *Int. J. Cancer.* 2000; 88(4): 658-64.

Fonseca, C. A., et al. "Nontoxic, mutagenic, and clastogenic activities of Mate-Chimarrao (*Ilex paraguariensis*)." *J. Environ. Pathol. Toxicol. Oncol.* 2000; 19(4): 333-46.

De Stefani, E., et al. "Meat intake, 'maté' drinking and renal cell cancer in Uruguay: a case-control study." *Br. J. Cancer* 1998; 78(9): 1239-43.

De Stefani, E., et al. "Black tobacco, maté and bladder cancer. A case-control study from Uruguay." *Cancer.* 1991; 67(2): 536-40.

De Stefani, E., et al. "Black tobacco, wine and maté in oropharyngeal cancer." *Rev. Epidemiol. Sante. Publique.* 1988; 36(6): 389-94.

This product is distributed through health food stores, health practitioners, and by [Raintree Nutrition](#). Please contact a health professional concerning other observations and/or effects of this product and/or if you have any disease, condition or illness for which you are seeking treatment or products for.

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\*The statements contained herein have not been evaluated by the Food and Drug Administration.  
This product is not intended to treat, cure or prevent any disease.