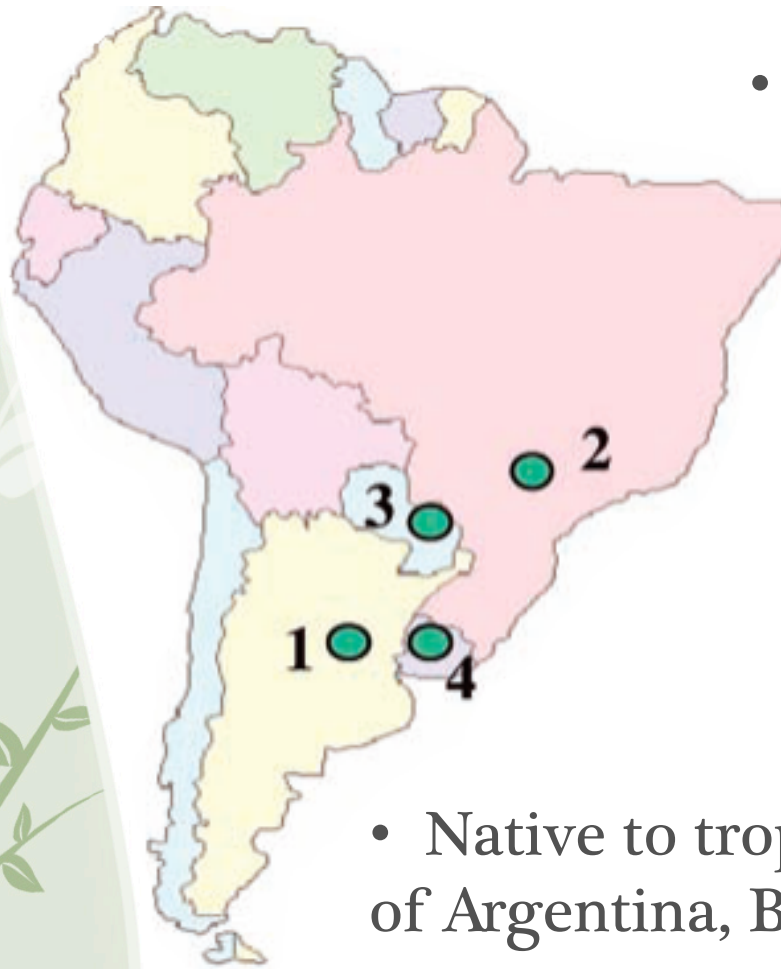




Mate (*Ilex paraguariensis*)  
Family Aquifoliaceae

Lais Miachon Silva

# Origins



- It is known as Mate, Chimarrão, Yerba Mate, Tereré or Cimarrón.

- The leaves of *Ilex paraguariensis* were consumed by the Guaraní in infusions.

- Native to tropical forests of Argentina, Brazil, Paraguay and Uruguay.



# The Mate Plant



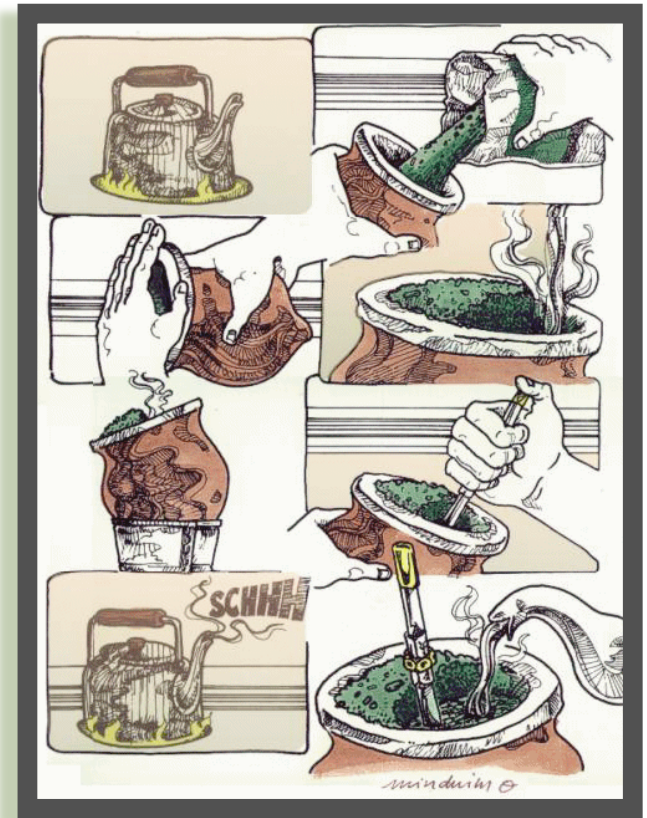
- Family Aquifoliaceae (Holy family)
- Grows up to 25-30 ft.
- Oval leaves, small white flowers and red drupe fruits.
- Perennial, dioecious, no specific pollinator.





# Traditional Uses

- Drunk out of a hollowed out gourd (*Lagenaria vulgaris*)
- Consumed for its calming and energizing effects.



- Stimulates the Central Nervous System
- Induces peristaltic movements
- Powerful diuretic



# Cultivati



- Extraction, cultivation or mixed system.
- Types of trims vary with the seasons.
- About 900,000 tons of mate are processed and produced every year.
- Processing includes blanching, drying and aging of the leaves.



# Mate Etiquette



- Mate drinking is a form of social gathering.
  - It is important to drink the content to the end and not wipe the straw.
  - The paraphernalia used to prepare and drink the Mate can indicate one's social standing.





# Medicinal Uses

- High concentration of caffeine, minerals (Mg, K, and Mn).
- Mate has been consumed for its anti-oxidant, diuretic, diaphoretic, energizing and calming properties.
- Associated with esophageal cancer.
- Recently, there has been research relating the consumption of Mate to weight loss and anti-cancer qualities.
- Main active components are caffeine, saponins, chlorogenic acids and phenolic compounds.





# Weight Loss

- Lowers the levels of insulin, glucose, leptin and blood lipid concentrations.
- Mate consumption causes a decrease in caloric intake and inhibits appetite.
- Suppresses visceral fat accumulation
- Reverts some of the consequences of a high fat diet.
- Prevents diet induced obesity.  
(Pang et al. 2008)



# Anti-Oxidant

- Protects the body against oxidative stress
- Mechanisms are still unclear
- Possibility: modifies antioxidant enzyme gene expression.
  - Effects based on the ingestion of 5g per day of Mate tea.
  - Regular intake of Mate tea reduces the initial lung inflammation cause by cigarette smoke.



# Questions?

