

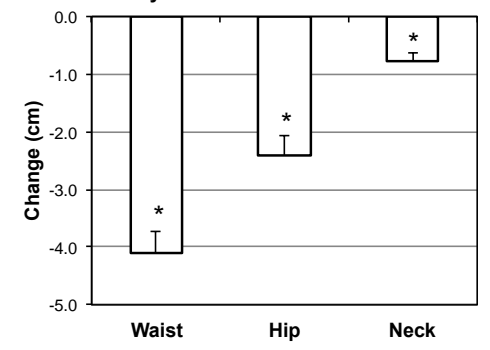
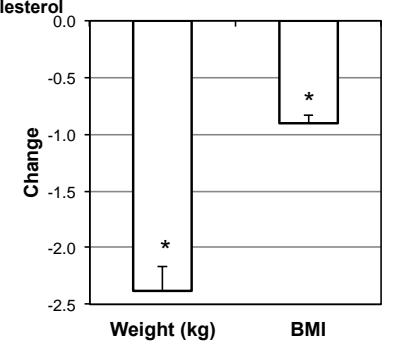
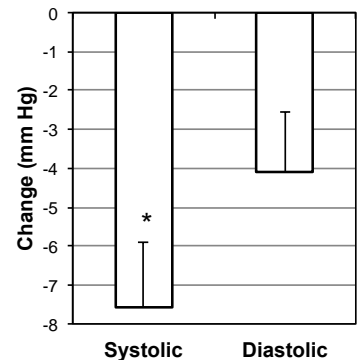
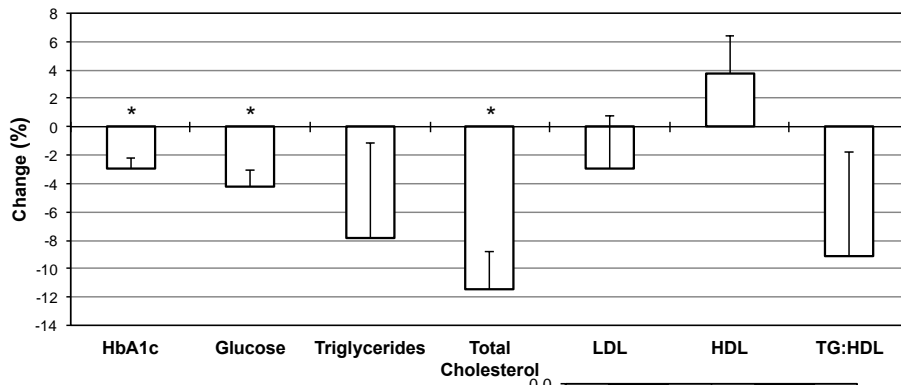
Effect of a Standardized Green Mate Liquid Concentrate on Appetite, Lipid Levels, HBA1C Levels, Stamina, and Other Parameters

Dr. Dan Gubler

Introduction: The unabated rise in cardiometabolic disorders, such as heart disease and type 2 diabetes mellitus, demands novel approaches to effectively reduce associated risk factors. The use of yerba mate, a tea from roasted mate leaves, has been long known to elicit myriad health benefits. The purpose of this study was to determine the effects of a proprietary yerba mate blend on several markers of cardiometabolic health, including appetite, blood lipids and glucose, stamina, and more.

Methods: 31 adults (17 female; 14 male) with an average age of 44 consumed green mate liquid twice daily for 30 days. At the beginning and end of the study period, subjects underwent blood draws for blood markers of cardiometabolic health and body measurements.

Results:



Conclusions: Twice daily consumption of a liquid green mate elicited widespread improvements in cardiometabolic and general wellness outcomes. Specifically, improvements were seen in markers of glucose and cholesterol levels and robust improvements in blood pressure.

Additionally, mate consumption resulted in improved body weight and body circumference measurements. Finally, subjects predominantly strongly agreed with every tested metric of health and wellness, most especially “increased energy” and “improved well-being”.

