

KHARTA KHARDA YERBA MATE TEA

- **Yerba Mate** is an herbal tea made from leaves and twigs of *Ilex paraguariensis* plant. And a traditional South American drink that's gaining worldwide popularity. It's said to have the strength of coffee, the health benefits of tea, and the joy of chocolate.
- **Health Benefits:** Rich in antioxidants and nutrients. Its antioxidant powerhouse that's contains many beneficial plant nutrients. Can boost energy and improve mental focus, thanks to caffeine content. May enhance physical performance; increase your body's reliance on fat for fuel during exercise. It may also improve contractions and reduce fatigue. May protect against infections due to it has some anti-bacterial, anti-parasitic and anti-fungal properties. May help you lose weight and belly fat it reduce appetite, boots metabolism and increase the amount of fat burned for fuel. Boots your immune system, lower blood sugar levels and lower risk of heart disease.

PACKING DETAILS

Weight	250g
Unit/Case	80
Shelf-Life	1 year
Pack Language	English & Arabic

NUTRITION FACTS:

For a Serving Size of 1 Cup (8 fl oz)	
Amount Per Serving	Calories from Fat 0
Calories 2.4	
% Daily Value	
Total fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 2.4mg	0%
Potassium 21mg	1%
Total Carbohydrates 0.5g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0.4%
Iron	1.1%



INGREDIENTS:

Yerba Mate

WAY OF USE:

Put a bag in a cup (150ml) then pour the pure boiled water and leave it from 3-5 minutes.

Can be drink either hot or warm

It is preferable to keep the bag within the glass even during drinking so as to get maximum concentration of active materials.

STORAGE AND HANDLING

Store in cool and dry place.