

Maté (*Ilex paraguariensis*)

Common Name: Yerba maté, Jesuit tea.

Location: This herb is located in Brazil, Argentina, Uruguay, Paraguay and Texas.

Description: The leaves of this herb are used medicinally.

Properties: Maté has the ability to provide reserves of energy without producing insomnia or drowsiness.

Uses: Use this herb to treat constipation and obesity.

Doses: This herb comes in tea form and should be ingested only once a day.