

Organic Mate Describes Why Yerba Mate Is A Better Substitute To Coffee

September 15, 2016

September 15, 2016 - PRESSADVANTAGE -

Organic Mate is raising awareness for coffee drinkers to switch over to the natural leaf of the Yerba mate plant, due to its added health benefits.

Organic Mate, a website focusing on Yerba mate products and how they can be used to coincide with a healthy diet, has revealed that the organic supplements are a possible replacement to coffee. By highlighting the benefits of fresh green Yerba mate, the site compares this plant to the most popular caffeinated beverages to see how they compare.

With their comprehensive details on the positive changes Yerba mate can provide, Organic Mate provides a comparison between this organic supplement, and other caffeinated beverages including coffee, tea, and energy drinks. Though the plant has less of a caffeine content than coffee, the effects of the natural stimulator work differently. According to the site, drinking Yerba mate instead of coffee is not only healthier, but has other benefits such as:

Nervous system stimulant

Variety of nutrients

Assists with curbing appetite

Destroys cancer cells

Supports the cardiovascular system

Aids in digestion

Boosts mental facilities

There are links provided to purchase blended Yerba mate, which the site claims can work with a regular French coffee press, as well as other Yerba mate products. Organic Mate's mission is to raise awareness of the benefits associated with this natural supplement. Learn more about the plant, and what Organic Mate offers, on their website at www.organicmate.net.

Organic Mate works to provide information about how to make Yerba mate, as well as inform of the benefits associated with it. The website works to share the numerous health and social benefits associated with the natural supplement to the world.

###

For more information about Organic Mate , contact the company here: Organic Mate Aljaz Kolar
aljazko@gmail.com

Organic Mate

We simply love la Yerba mate. We believe that organic mate herb is the most complete natural drink and we understand why in the past it was called ?drink of the Gods?. We did not grow up with mate.

Website: <http://www.organicmate.net/>

Email: aljazko@gmail.com

Powered by PressAdvantage.com