

Ilex paraguariensis (Common Name : Yerba mate)

EFSA health claim: *Contributes to body weight management. Contributes to lipid degradation. Helps maintain a healthy body weight.*

ID: 2070

Condition of use: Condition of use: equivalent to at least 3g as tea or min. 80 mg of caffeine per day.

Textbook, monograph:

- Bisset NG, Wichtl M (Editors), "Herbal Drugs and Phytopharmaceuticals", second edition, 2001, medpharm GmbH Scientific Publishers, Stuttgart, Germany
- Herbal Remedies/ Heilpflanzen, Version 5, 2003, medpharm GmbH Scientific Publishers, Stuttgart, Germany
- Dickel ML; Rates SM; Ritter MR. Plants popularly used for losing weight purposes in Porto Alegre, South Brazil. J Ethnopharmacol. 2007; 109(1):60-71
- Pittler MH; Schmidt K; Ernst E. Adverse events of herbal food supplements for body weight reduction: systematic review. Obes Rev. 2005; 6(2):93-111
- Kilham C, "Herbs to fight fat and diabetes", Functional Foods & Nutraceuticals, February 2005:26-28

Human study

- Martinet A, Hostettmann K, Schutz Y. Thermogenic effects of commercially available plant preparations aimed at treating human obesity. Phytomedicine. 1999 Oct;6(4):231-8.
- Andersen T, Fogh J. Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients. J Hum Nutr Diet. 2001 Jun;14(3):243-50.
- Min B, McBride BF, Kardas MJ, Ismaili A, Sinha V, Kluger J, White CM. Electrocardiographic effects of an Ephedra-Free, multicomponent weight-loss supplement in healthy volunteers. Pharmacotherapy. 2005; 25(5):654-9