



LOVMATÉ

ORGANIC ENERGY BREW

YOUR COMPLETE GUIDE





## WELCOME

Congratulations on investing in your energy!

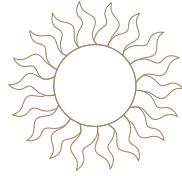
Four years ago - after realising the morning coffee ritual had control I began a search for the perfect alternative.

The result is Lov Maté - a creamy, full-bodied brew that has become a morning ritual for many.

Thank you for journeying with me and supporting a vision to create a ripple of Lov Energy.

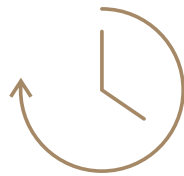
Sanae





## ENERGISE YOUR DAY

Along with caffeine, Yerba Maté contains stimulants theobromine and theophylline. These three alkaloids work together to provide a unique, mild stimulant effect enhancing energy, clarity and overall physical performance.



## SKIP THE 3PM CRASH

The combination of stimulants and nutrients found in Yerba Maté, means it not only provides energy to wake you up but continues to provide energy, endurance and focus for your entire day.



## ENJOY DEEPER SLEEP

Yerba Maté doesn't have a negative effect on sleep cycles; it's known to balance cycles, inducing more REM sleep when needed, or increasing the amount of time spent in deep sleep.



# HOW TO BREW THE PERFECT QOV MATÉ







## INSTANT LOV MATÉ

Add two teaspoons of LOV Maté to a cup with 1/4 cup of hot (not boiling) water and stir well. Fill remainder of cup with hot or frothed milk of your choice.

## BLENDER BREW

Heat milk over the stove until it reaches your desired temperature. Pour heated milk into blender with two teaspoons of your LOV Maté and blend for 5-10 seconds. Pour into mug and enjoy. For a chilled version skip heating the milk and add cold milk to blender with two teaspoons of LOV Maté and Pour into a glass over ice.



## THE PROTEIN SHAKER

This is great for on the run, and pre workout. Add milk or water and two teaspoons of LOV Maté to your protein shaker and shake well.

## ELECTRIC MILK FROTHER

If you happen to have a milk frother this might be the easiest way to enjoy your morning Lov Maté! Add milk and two teaspoons of Lov Maté to your milk frother and turn on. Pour into a mug and enjoy.



## BARISTA BREW

Barista Brew If your lucky enough to own or have access to a coffee machine OR your really good buddies with your local barista - this is for you. Add milk and two teaspoons of Lov Maté to a milk jug and froth until a temperature of between 50-60 degrees reached. Pour and sprinkle with chocolate to serve.



## CHEEKY CAFÉ BREW

If your local coffee shop doesn't serve up Lov Maté, make sure you take your own - cafés are happy to provide you with a cup of steamed milk (normally for a fraction of the cost of a coffee). Add your own Lov Maté - Stir and enjoy.





# FIND YOUR MILK MATCH



## SOY MILK

Soy milk makes for a delicious creamy brew but just be careful to choose an organic, non-gmo brand.

## RICE MILK

Rice milk gives the Lov Maté a natural sweetness so you are less likely to need sweetener. This is also hands down the best milk to make a cold brewed Lov Maté!

## COCONUT MILK

You can use a brought coconut milk or just dilute a small amount of coconut cream with water. Rich and delicious.

## ALMOND MILK

If using almond milk you might like to add some sweetener to your brew as it doesn't offer any natural sweetness.

## HEMP MILK

Highly nutritious and best made at home. Adding some coconut cream to this milk makes it extra lush!

## OAT MILK

Creamy and naturally sweet this milk makes a delicious Lov Maté. As oats can contain gluten be mindful if you are gluten intolerant.

## COWS MILK

If you enjoy your coffee with dairy milk, no need to switch. Cows milk makes an extra creamy brew.

## NOT A FAN OF MILK?

You can make Lov Maté with just hot water. Just ensure you don't add boiling water to the Lov Maté powder as it can compromise the nutrients in the Yerba Maté.



"The higher your energy level, the more efficient your body.

The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."

- Tony Robbins



## ORGANIC INGREDIENTS

Four energising, organic ingredients sourced from ethical and sustainable farms.



YERBA MATÉ (MAH-TAY)

Ethically farmed & organically produced this magical South American herb contains natural stimulants and powerful antioxidants.



RAW CACAO

Rich in magnesium and essential minerals. May assist in slowing the aging process, act as a mood enhancer and boost energy levels.



MACA ROOT

A grounding adaptogen with a nutty flavour known to improve the bodies ability to deal with stress, used to enhance stamina and libido by balancing hormones.



GUARANA

Assists with weight loss, stress relief, enhanced mental focus and physical performance.





## INCREASED MENTAL CLARITY

The powerful combination of stimulants and nutrients found in Yerba Maté, means that it not only offers an energy boost to wake you up in the morning but continues to provide energy, endurance and focus for your entire day.

Yerba maté consists of plant chemicals which are known to stimulate the heart, brain, muscles, blood vessels and many other parts of the body.

Studies show that yerba maté contains far more active compounds and 90% more antioxidants than green tea.



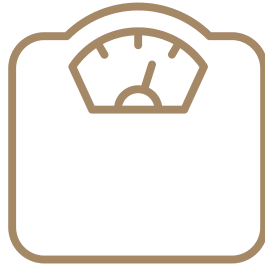
## NUTRITIONAL PROFILE

Containing numerous essential vitamins and minerals Yerba Maté is a nutritional powerhouse. Containing carotene; vitamins A, C, E, B-1, B-2 and B-complex; riboflavin; nicotinic acid; pantothenic acid; biotin; magnesium; calcium; iron; sodium; potassium; manganese; silicon; phosphates; sulfur; hydrochloric acid; chlorophyll; choline; and inositol.

For this reason, yerba maté is considered a healthy alternative to coffee and an excellent addition to nurturing a balanced diet.

Studies also suggest Yerba Mate contains enough vitamins and minerals necessary to sustain life.





## WEIGHT LOSS

Scientific analysis shows Yerba Mate prevents body weight gain and helps reduce total body fat. It does this by helping the body burn fat more efficiently whilst suppressing the appetite.

Maté has become a favorite of body builders as the metabolic effects of Maté appear to include the ability to maintain aerobic glycolysis (breakdown of carbohydrates) during exercise for longer periods of time. This results in burning more calories, increasing cardiac efficiency, delaying anaerobic glycolysis and the resulting buildup of lactic acid during exercise.



## FOR MAMA EARTH

### COMPOSTABLE PACKAGING

When you have finished your packet of LOV Maté  
just throw it in the compost.



### SUSTAINABLY SOURCED INGREDIENTS

Choosing organic ingredients sourced from  
ethical and sustainable farms.



### ETHICAL BUSINESS PRACTICES

As a small business we believe our responsibility  
is greater than ever to lead by example and do  
everything in our power to minimise our impact  
on the environment.



## THE COMMUNITY

If you resonate with the message of energy, abundance and wellness, we have a beautiful community on social media - a place connect with others on this journey.

