# CASE STUDYS

# 飲茶減肥?

## 2016/11









#### 什麼是瑪黛茶

瑪黛茶是冬青科冬青屬的一種植物,原產於南美洲的亞熱帶地區,被譽為「阿根廷國寶」、「綠色黃金」。將葉片浸泡在熱水中所泡出來的茶湯稱為 瑪黛茶。瑪黛茶含綠原酸(Chlorogenic acids)成份,綠原酸是一種對人體非常 有益的成份,能降低膽固醇、緩和糖尿病、胃潰瘍、促進血液循環,還有利尿、 提神解勞之功能。(文字來自於:新聞)

阿根廷沒胖子的秘密就是它! 締造健康奇蹟的綠瑪黛。 (NOWnews 圖 / 公關照片)





# 以科學角度利用 SciFinder 查詢 瑪黛茶的資訊會有哪些呢?



## ▶ 瑪黛茶查詢 "Mate tea" & "Green mate"







## 3. 瑪黛茶與減脂食品相關文獻



REFERENCES 😧			Substances Get Reactions Get Related Tools	sted Alert		
Analyze	Refine	Categorize	Sort by: Accession Number 🔻 🦊	Di		
Analyze by: 📀			<b>0 of 10</b> References Selected			
Author NameAkiyama Toshihito2		▼ 2	<ul> <li>1. Method for manufacturing confectionery</li> <li>Q Quick View PATENTPAK</li> <li>By Lee, Seung Hui</li> </ul>			
Matsuda Hisashi 2 Nakamura Seikou 2			From Repub. Korean Kongkae Taeho Kongbo (2014), KR 2014121566 A 20141016.   Language: Korean, Database: CAPLUS The title method for manufg. a confectionery for treating obesity comprises adding obesity improving functional additive 10-30 wt. parts into confectionery raw material 100 wt. parts. The functional additive contains first functional component group. The first functional component group contains inulin 8-20wt. parts, probiotics 1 hundred million-100 hundred million CFU, L-carnitine tartrate 1-5wt. parts, Coleus forskohlii ext. 0.05-5wt. parts, vegetable oil diglyceride 0.5-1, Garcinia cambogia ext. 0.75-2.8wt. parts, green mate ext. 1-6wt. parts, raffinose 3-5wt. parts and conjugated linolei			
Tamura Yoshika	Kouhei wa Masayu	2 ki 2	<ul> <li>2. Functional kimchi for treating obesity and its production method</li> <li>Q Quick View</li> <li>PATENTPAK</li> </ul>			
Chae Sc	oo Wan	1	By Song, Byeong Deok From Repub. Korea (2014), KR 1346160 B1 20140123.   Language: Korean, Database: CAPLUS			
Chen Me Cho Sec	eihua ong Wan	1	This invention relates to functional kimchi for treating obesity and a method for producing the functional kimchi for treating obesity. The adding seasonings into raw materials of kimchi to produce the functional kimchi. The method adds functional additives for treating obesity the raw materials of kimchi 100 wt. parts. The functional additives for treating obesity contain a functional health food raw material 80-99 nutrients 1-20 wt.%. The functional health food raw material contains inulin 8-20 wt. parts, probiotics 100,000,000-10	/ 10-30 wt. parts int		
Cho Young Gyu 1 Choi Kwang Ho 1 Show More		1	<ul> <li>3. Aqueous Extract of Yerba Mate Tea Lowers Atherosclerotic Risk Factors in a Rat Hyperlipidemia Model</li> <li>Quick View Other Sources</li> </ul>			
			By Gao, Hongli; Liu, Zhaochun; Wan, Wenju; Qu, Xiaolan; Chen, Meihua From Phyte Yerba antioxi H戴茶的水萃取物可降低老鼠的高血脂動脈粥樣硬			
			diets: Sta. alet, hyperhipidemic alet, and hyperhipidemic alet supplemented with low, moderate, or high cohers, or hate ted aq. ext. (170, 270, Compared to the hyperlipidemic control group, Mate tea <b>reduced</b> significantly the total <b>body</b> wt. and lowered serum le			

## 關鍵字查詢 - 綠瑪黛 "Finomate"

#### 第1步. Research Topic : Finomate

0 of 1 Reference Selected

#### 1. Effect of green mate in overweight volunteers: A randomized placebo-controlled human study

#### C Other Sources **Q** Ouick View

By Kim, Hwa Jung; Ko, Jeongah; Storni, Charlotte; Song, Hong Ji; Cho, Young Gyu



Overweight and obesity have become a global epidemic and they may impair health. Traditional use and growing evidence indicate that mate (Ilex paraguariensis A. St.-Hil.) may be helpful in losing excessive wt. and fat. The present randomized, double-blind, placebo-controlled study evaluated efficacy and safety of an ext. from green mate in 60 overweight subjects aged 20-39 years during 6-wk. Body compn. was measured by Dual-Energy X-ray Absorptiometry (DEXA) at baseline and after 6 wk. Body wt., body mass index (BMI), waist circumference (WC) and various safety parameters were monitored. After 6 wk, subjects taking mate experienced a significantly greater redn. of percent of body fat (-0.3% vs. +0.6%, p = 0.04) and fat mass (-0.5 kg vs. +0.2 kg, p = 0.04) than placebo. No significant differences were obsd. in other measurements. No adverse events occurred and all safety parameters were within normal ranges during the study in both groups. Thus, taking green mate ext. reduced body fat after 6 wk, while the treatment was safe and well tolerated.



#### **Effect of green mate in overweight volunteers: A randomized placebo-controlled human study**

此篇文獻的其他參與 物質,及Finomate 扮演的角色

iGroup

與	A randomized placebo-controlled human study Substances				
Ę	57-88-5 Cholesterol, biological studies				
	Finomate decreased total cholesterol level in overweight human				
	Biological study, unclassif Finomate 可降低體重過重者的總膽固	醇水平			
	69-93-2 Uric acid, biological studies				
	Finomate was safe, well tolerated and effective in reducing body fat in overweight human				
	Biolog Finomate 於過重者減肥過程中屬於安全、耐受性良好	P以及有效			
	50-99-7 D-Glucose, biological studies				
	blood; Finomate did not alter blood glucose level in overweight human				
	Biological study, unclassified; Biologica Finomate 不會改變過重者血	1糖			

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### 教育訓練.客製化訓練課程.產品諮詢









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