|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Taragui | La Merced | Rosamonte | Guayaki |
| Total Phenols (% of average) | 87 | 107 | 97 | 110 |
| Flavonoids (% of average) | 81 | 108 | 103 | 108 |
| Scavenging activity (% scavenged) | 72 | 81 | 72 | 84 |
| Caffeine (% plant material) | 0.93 | 1.12 | 1.09 | 1.14 |

**Supplementary Table 1.** Phytochemical content of 4 brands of Yerba Mate, pre-screened for the study. Total phenols and flavonoids were determined in arbitrary units and are reported as percentage of average values across the 4 brands. Scavenging activity was determined with DPPH (2,2-diphenyl-1-picryl-hydrazyl-hydrate) free radical method and is reported as % scavenged. La Merced was selected as plant for the current study due to a higher sum of ratio between total phenols, flavonoids, scavenging activity and caffeine.