



AMAZON ATHLETIC SUPPORT*

120 capsules (650 mg each)

Retail price: \$29.95

A synergistic formula of 8 rainforest botanicals traditionally used in South America to support lean muscle growth, muscle and joint fitness and faster recovery after exercising.* For more complete information on these unique rainforest plant ingredients, please see the Raintree Nutrition internet website and the online [Tropical Plant Database](#).

Ingredients: A proprietary blend of maca, suma, muira puama, sarsaparilla, chuchuhuasi, tayuya, yerba mate, and iporuru.

Suggested Use: Take 2-3 capsules 3 times daily.

Contraindications:

- Not to be used during pregnancy or while breast-feeding.
- Do not use in estrogen-positive cancers.
- Do not use in conjunction with MAO-inhibitor medications.

Drug Interactions: May interact with MAO-inhibitors.

Other Observations:

- Yerba mate contains naturally occurring caffeine. Those sensitive to or allergic to caffeine should not use this formula.

Clinical Documentation and Research:* This proprietary Raintree product has not been the subject of any clinical research. Available third-party documentation and clinical research on each ingredient in this formula can be found at the Raintree website. A partial listing of the third-party published research on these ingredients is shown below:

Maca (*Lepidium meyenii*)

Lopez-Fando, A., et al. "*Lepidium peruvianum* Chacon restores homeostasis impaired by restraint stress." *Phytother. Res.* 2004; 18(6): 471-4.

Bogani, P., et al. "*Lepidium meyenii* (Maca) does not exert direct androgenic activities." *J. Ethnopharmacol.* 2005 Oct 17;

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca), a root with aphrodisiac and fertility-enhancing properties, on serum reproductive hormone levels in adult healthy men." *J. Endocrinol.* 2003; 176(1): 163-68.

Cicero, A. F., et al. "Hexanic maca extract improves rat sexual performance more effectively than methanolic and chloroformic maca extracts." *Andrologia.* 2002; 34(3): 177-79.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men." *Andrologia.* 2002; 34(6): 367-72.

Cicero, A. F., et al. "*Lepidium meyenii* Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity." *J. Ethnopharmacol.* 2001; 75(2-3): 225-29.

Suma (*Pfaffia paniculata*)

Oshima, M., et al. "*Pfaffia paniculata*-induced changes in plasma estradiol-17beta, progesterone and testosterone levels in mice." *J. Reprod. Dev.* 2003 Apr; 49(2): 175-80.

Arletti, R., et al. "Stimulating property of *Turnera diffusa* and *Pfaffia paniculata* extracts on the sexual behavior of male rats." *Psychopharmacology.* 1999; 143(1): 15-9.

Matsumoto, I., "Beta-ecdysone from *Pfaffia paniculata*." Japanese patent no. 82/118,422. January 20, 1984.

Nishimoto, N., et al. "Three ecdysteroid glycosides from *Pfaffia*." *Phytochemistry.* 1988; 27(6): 1665-68.

Mazzanti, G., et al. "Analgesic and anti-inflammatory action of *Pfaffia paniculata* (Martius) Kuntze." *Phytother. Res.* 1994; 8(7): 413-16.

Mazzanti, G., et al. "Anti-inflammatory activity of *Pfaffia paniculata* (Martius) Kuntze and *Pfaffia stenophylla* (Sprengel) Stuhl." *Pharmacol. Res.* 1993; 27(1): 91-92.

Muirá Puama (*Ptychopetalum olacoides*)

Bucci, L. R., et al. "Selected herbals and human exercise performance." *Am. J. Clin. Nutr.* 2000 Aug; 72(2 Suppl): 624S-36S.

Paiva, L., et al. "Effects of *Ptychocephalum olacoides* extract on mouse behaviour in forced swimming and open field tests." *Phytother. Res.* 1998; 12(4): 294–96.

Waynberg, J. "Male sexual asthenia—interest in a traditional plant-derived medication." *Ethnopharmacology*; 1995.

Jayasuriya, H., et al. "Diterpenoid, steroid, and triterpenoid agonists of liver X receptors from diversified terrestrial plants and marine sources." *J. Nat. Prod.* 2005; 68(8): 1247-52.

Cherksey, B. D. "Method of preparing Muira puama extract and its use for decreasing body fat percentage and increasing lean muscle mass." United States Patent No. 5516516, 1996.

Siqueira, I. R., et al. "*Ptychopetalum olacoides*, a traditional Amazonian "nerve tonic," possesses anticholinesterase activity." *Pharmacol. Biochem. Behav.* 2003 Jun; 75(3): 645-50.

Sarsaparilla (*Smilax officinalis*)

Ji, W., et al. "Effects of Rebixiao granules on blood uric acid in patients with repeatedly attacking acute gouty arthritis." *Chin. J. Integr. Med.* 2005 Mar; 11(1): 15-21.

Jiang, J., et al. "Immunomodulatory activity of the aqueous extract from rhizome of *Smilax glabra* in the later phase of adjuvant-induced arthritis in rats." *J. Ethnopharmacol.* 2003; 85(1): 53–9.

Ageel, A. M., et al. "Experimental studies on antirheumatic crude drugs used in Saudi traditional medicine." *Drugs Exp. Clin. Res.* 1989; 15(8): 369–72.

Chuchuhuasi (*Maytenus krukovii, laevis*)

Bruni, R., et al. "Antimutagenic, antioxidant and antimicrobial properties of *Maytenus krukovii* bark." *Fitoterapia.* 2006 Dec; 77(7-8): 538-45.

Bradshaw, D., et al. "Therapeutic potential of protein kinase C inhibitors." *Agents and Actions* 1993; 38: 135-47.

Itokawa, H., et al. "Isolation, structural elucidation and conformational analysis of sesquiterpene pyridine alkaloids from *Maytenus ebenifolia* Reiss. X-ray molecular structure of ebenifoline W-1." *J. Chem. Soc. Perkin. Trans. I* 1993; 11: 1247-54.

Itokawa, H., et al. "Oligo-nicotinated sesquiterpene polyesters from *Maytenus ilicifolia*." *J. Nat. Prod.* 1993; 56: 1479-85.

Gonzalez, J. G., et al. "Chuchuhuasi—a drug used in folk medicine in the Amazonian and Andean areas. A chemical study of *Maytenus laevis*." *J. Ethnopharm.* 1982; 5: 73–7.

Moya, S., et al. "Phytochemical and pharmacological studies on the antiarthritics of plant origin." *Rev. Colomb. Cienc. Quim. Farm.* 1977; 3(2): 5.

Tayuya (*Cayaponia tayuya*)

Panosian, A. G., et al. "On the mechanism of action of plant adaptogens with particular reference to cucurbitacin R diglucoside." *Phytomedicine.* 1999 Jul; 6(3): 147-55.

Panosian, A. G., et al. "Action of adaptogens: cucurbitacin R diglucoside as a stimulator of arachidonic acid metabolism in the rat adrenal gland." *Probl. Endokrinol.* 1989 Mar-Apr; 35(2): 70-4.

Panosian, A. G., et al. "Effect of stress and the adaptogen cucurbitacin R diglycoside on arachidonic acid metabolism." *Probl. Endokrinol.* 1989 Jan-Feb; 35(1): 58-61.

Panosian, A. G., et al. "Cucurbitacin R glycoside—a regulator of steroidogenesis and of the formation of prostaglandin E2—a specific modulator of the hypothalamus-hypophysis-adrenal cortex system." *Biull. Eksp. Biol. Med.* 1987; 104(10): 456-7.

Dadaian, M. A., et al. "Prostaglandin E2 and F2 alpha and 5-hydroxyeicosatetraenoic acid levels in the blood of immobilized rats: effect of dihydrocucurbitacin D diglucoside." *Vopr. Med. Khim.* 1985 Nov-Dec; 31(6): 98-100.

Escandell, J. M., et al. "Dihydrocucurbitacin B, isolated from *Cayaponia tayuya*, reduces damage in adjuvant-induced arthritis." *Eur. J. Pharmacol.* 2006 Jan 26;

Recio, M. C., et al. "Anti-inflammatory activity of two cucurbitacins isolated from *Cayaponia tayuya* roots." *Planta Med.* 2004; 70(5): 414-20.

Ruppelt, B. M., et al. "Pharmacological screening of plants recommended by folk medicine as anti-snake venom—I. Analgesic and anti-inflammatory activities." *Mem. Inst. Oswaldo Cruz* 1991; 86 (Suppl. 2): 203–5.

Rios, J. L., et al. "A study of the anti-inflammatory activity of *Cayaponia tayuya* root." *Fitoterapia* 1990; 61(3):

Yerba Mate (*Ilex paraguariensis*)

- Lieberman, H. R., et al. "Effects of caffeine, sleep loss, and stress on cognitive performance and mood during U.S. Navy SEAL training." *Psychopharmacology*. 2002; 164(3): 250–61.
- Pittler, M. H., "Adverse events of herbal food supplements for body weight reduction: systematic review." *Obes. Rev.* 2005 May; 6(2): 93-111.
- Paganini Stein, F. L., et al. "Vascular responses to extractable fractions of *Ilex paraguariensis* in rats fed standard and high-cholesterol diets." *Biol. Res. Nurs.* 2005 Oct; 7(2): 146-56.
- Collomp, K., et al. "Effects of salbutamol and caffeine ingestion on exercise metabolism and performance." *Int. J. Sports Med.* 2002; 23(8): 549–54.
- Anderson, T., et al. "Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients." *J. Hum. Nutr. Diet.* 2001; 14(3): 243–50.
- Martinet, A., et al. "Thermogenic effects of commercially available plant preparations aimed at treating human obesity." *Phytomedicine*. 1999; 6(4): 231–38.
- Matsunaga, K., et al. "Inhibitory action of Paraguayan medicinal plants on 5-lipoxygenase." *Natural Med.* 2000; 54(3): 151–54.
- Yasukawa, K., et al. "Inhibitory effect of edible plant extracts on 12-o-tetradecanoylphorbol-13-acetate-induced ear oedema in mice." *Phytother. Res.* 1993; 7(2): 185–89.

Iporuru (*Alchornea castaneifolia*)

- Manga, H.M., et al. "In vivo anti-inflammatory activity of *Alchornea cordifolia* (Schumach. & Thonn.) Mull. Arg. (Euphorbiaceae)." *J. Ethnopharmacol.* 2004 Jun; 92(2-3): 209-14.
- Osadebe, P. O., et al. "Anti-inflammatory effects of crude methanolic extract and fractions of *Alchornea cordifolia* leaves." *J. Ethnopharmacol.* 2003 Nov; 89(1):19-24.
- Dunstan, C. A., et al. "Evaluation of some Samoan and Peruvian medicinal plants by prostaglandin biosynthesis and rat ear oedema assays." *J. Ethnopharmacol.* 1997; 57: 35–56.
- Ogungbamila, F. O., et al. "Smooth muscle-relaxing flavonoids from *Alchornea cordifolia*." *Acta Pharm. Nord.* 1990; 2(6): 421–22.

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Manufactured By:
Raintree Nutrition, Inc.
3579 Hwy 50 East, Suite 222
Carson City, Nevada 89701
(800) 780-5902 (775) 841-4142
www.RaintreeNutrition.com



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