



AMAZON BLOOD SUPPORT*

120 capsules (600 mg each)

Retail Price: \$29.95

A combination of 7 plants which have been traditionally used to support healthy blood cholesterol levels.* 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 artichoke, bitter melon yerba mate, suma, vassourinha, pata de vaca, and sarsaparilla.

Suggested Use: Take 2-3 capsules twice daily.

Contraindications:

- Several of these ingredients contain plant saponins and/or phytosterols; as such this formula is contraindicated in hormone-positive cancers.
- This formula contains yerba mate which has naturally occurring caffeine. Those allergic to or sensitive to caffeine should not use this formula.

Drug Interactions: May potentiate or enhance the action of cholesterol-lowering drugs.

Other Practitioner Observations:

- Two ingredients in this formula have a hypoglycemic effect. Those with hypoglycemia should be monitored more closely for this possible effect.

Clinical Documentation and Research:* This formulated 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 published research on these ingredients is shown below:

[Artichoke \(*Cynara scolymus*\)](#)

Lupattelli, G., et al. "Artichoke juice improves endothelial function in hyperlipemia." *Life Sci.* 2004 Dec; 76(7): 775-82.

Thompson Coon, J. S., et al. "Herbs for serum cholesterol reduction: a systematic view." *J. Fam. Pract.* 2003; 52(6): 468-78.

Shimoda, H., et al. "Anti-hyperlipidemic sesquiterpenes and new sesquiterpene glycosides from the leaves of artichoke (*Cynara scolymus* L.): structure requirement and mode of action." *Bioorg. Med. Chem. Lett.* 2003; 13(2): 223-28.

Gebhardt, R. "Inhibition of cholesterol biosynthesis in HepG2 cells by artichoke extracts is reinforced by glucosidase pretreatment." *Phytother. Res.* 2002; 16(4): 368-72.

Wegener, T. "The status of herbal antilipemic agents." *Wien. Med. Wochenschr.* 2002; 152(15-16): 412-7.

Englisch, W., et al. "Efficacy of artichoke dry extract in patients with hyperlipoproteinemia." *Arzneimittelforschung* 2000; 40(3): 260-65.

Gebhardt, R. "Anticholestatic activity of flavonoids from artichoke (*Cynara scolymus* L.) and of their metabolites." *Med. Sci. Monit.* 2001 May; 7 Suppl 1:316-20.

Gebhardt, R. "Inhibition of cholesterol biosynthesis in primary cultured rat hepatocytes by artichoke (*Cynara scolymus* L.) extracts." *J. Pharmacol. Exp. Ther.* 1998; 286(3): 1122-28.

Brown, J. E., et al. "Luteolin-rich artichoke extract protects low density lipoprotein from oxidation *in vitro*." *Free Radic. Res.* 1990; 29(3): 247-55.

Wojcicki, J., et al. "Cynarin and hyperlipidemia" *Wiad. Lek.* 1977 Oct; 30(19): 1539-41.

Pristautz, H., et al. "Cynarin in the modern management of hyperlipemia." *Wien. Med. Wochenschr.* 1975; 125(49): 705-9.

Montini, M., et al. "Controlled application of cynarin in the treatment of hyperlipemic syndrome. Observations in 60 cases." *Arzneimittelforschung* 1975; 25(8): 1311-14.

Bobnis, W., et al. "Case of primary hyperlipemia treated with cynarin." *Wiad. Lek.* 1973; 26(13): 1267-70.

Grogan, J. L., et al. "Potential hypocholesterolemic agents: dicinnamoyl esters as analogs of cynarin." *J. Pharm. Sci.* 1972; 61(5): 802-3.

[Bitter Melon \(*Momordica charantia*\)](#)

Nerurkar, P., et al. "Lipid lowering effects of *Momordica charantia* (Bitter Melon) in HIV-1-protease inhibitor-treated human hepatoma cells, HepG2." *Br. J. Pharmacol.* 2006 Aug; 148(8): 1156-64.

Chan, L. L., et al. "Reduced adiposity in bitter melon (*Momordica charantia*)-fed rats is associated with increased lipid oxidative enzyme activities and uncoupling protein expression." *J. Nutr.* 2005; 135(11): 2517-23.

Chen, Q., et al. "Reduced adiposity in bitter melon (*Momordica charantia*) fed rats is associated with lower tissue triglyceride and higher plasma catecholamines." *Br. J. Nutr.* 2005; 93(5): 747-54.

Hsieh, C. L., et al. "Inhibitory effect of some selected nutraceutical herbs on LDL glycation induced by glucose and glyoxal." *J. Ethnopharmacol.* 2005 Dec; 102(3): 357-63.

Chaturvedi, P. "Role of *Momordica charantia* in maintaining the normal levels of lipids and glucose in diabetic rats fed a high-fat and low-carbohydrate diet." *Br. J. Biomed. Sci.* 2005; 62(3): 124-6.

Sathishsekar, D., et al. "Antioxidant properties of *Momordica charantia* (bitter melon) seeds on streptozotocin induced diabetic rats." *Asia Pac. J. Clin. Nutr.* 2005; 14(2): 153-8.

Senanayake, G.V. et al. "The effects of bitter melon (*Momordica charantia*) extracts on serum and liver lipid parameters in hamsters fed cholesterol-free and cholesterol-enriched diets." *J. Nutr. Sci. Vitaminol.* 2004 Aug; 50(4): 253-7.

Ahmed, I., et al. "Hypotriglyceridemic and hypocholesterolemic effects of anti-diabetic *Momordica charantia* (Karela) fruit extract in streptozotocin-induced diabetic rats." *Diabetes Res. Clin. Pract.* 2001; 51(3):155-61.

Jayasooriya, A. P., et al. "Effects of *Momordica charantia* powder on serum glucose levels and various lipid parameters in rats fed with cholesterol-free and cholesterol-enriched diets." *J. Ethnopharmacol.* 2000; 72 (1-2): 331.

Suma (Pfaffia paniculata)

Pinello, K.C., et al. "Effects of *Pfaffia paniculata* (Brazilian ginseng) extract on macrophage activity." *Life Sci.* 2005 Oct 6;

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.

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

de Oliveira, F. G., et al. "Contribution to the pharmacognostic study of Brazilian ginseng *Pfaffia paniculata*." *An. Farm. Quim.* 1980; 20(1-2): 277-361.

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

Yerba Mate (Ilex paraguariensis)

Dickel, M. L., et al. "Plants popularly used for losing weight purposes in Porto Alegre, South Brazil." *J. Ethnopharmacol.* 2007 Jan; 109(1): 60-71.

Mosimann, A. L., et al. "Aqueous extract of *Ilex paraguariensis* attenuates the progression of atherosclerosis in cholesterol-fed rabbits." *Biofactors.* 2006; 26(1): 59-70.

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.

Vassourinha (Scoparia dulcis)

Ratnasooriya, W. D., et al. "Antioxidant activity of water extract of *Scoparia dulcis*." *Fitoterapia.* 2005 Mar; 76(2): 220-2.

Babincova, M., et al. "Free radical scavenging activity of *Scoparia dulcis* extract." *J. Med. Food.* 2001; 4(3): 179-181.

Pari, L., et al. "Antidiabetic effect of *Scoparia dulcis*: effect on lipid peroxidation in streptozotocin diabetes." *Gen. Physiol. Biophys.* 2005 Mar; 24(1): 13-26.

Latha, M., et al. "Effect of an aqueous extract of *Scoparia dulcis* on plasma and tissue glycoproteins in streptozotocin induced diabetic rats." *Pharmazie.* 2005; 60(2): 151-4.

Pari, L., et al. "Effect of *Scoparia dulcis* (Sweet Broomweed) plant extract on plasma antioxidants in streptozotocin-induced experimental diabetes in male albino Wistar rats." *Pharmazie.* 2004; 59(7): 557-60.

Latha, M., et al. "*Scoparia dulcis*, a traditional antidiabetic plant, protects against streptozotocin induced oxidative stress and apoptosis *in vitro* and *in vivo*." *J. Biochem. Mol. Toxicol.* 2004; 18(5): 261-72.

Latha, M., et al. "Effect of an aqueous extract of *Scoparia dulcis* on blood glucose, plasma insulin and some polyol pathway enzymes in experimental rat diabetes." *Braz. J. Med. Biol. Res.* 2004; 37(4): 577-86.

Latha, M., et al. "Modulatory effect of *Scoparia dulcis* in oxidative stress-induced lipid peroxidation in streptozotocin diabetic rats." *J. Med. Food.* 2003 Winter; 6(4): 379-86.

Pari, L., et al. "Hypoglycaemic activity of *Scoparia dulcis* L. extract in alloxan induced hyperglycaemic rats." *Phytother. Res.* 2002 Nov; 16(7): 662-4.

Pata de Vaca (Bauhinia forficata)

Jorge, A. P., et al. "Insulinomimetic effects of kaempferitrin on glycaemia and on 14C-glucose uptake in rat soleus muscle." *Chem. Biol. Interact.* 2004 Oct; 149(2-3): 89-96.

Pepato, M. T., et al. "Evaluation of toxicity after one-months treatment with *Bauhinia forficata* decoction in streptozotocin-induced diabetic rats." *BMC Complement. Altern. Med.* 2004 Jun; 4:7.

de Sousa, E., et al. "Hypoglycemic effect and antioxidant potential of kaempferol-3,7-O-(alpha)-dirhamnoside from *Bauhinia forficata* leaves." *J. Nat. Prod.* 2004; 67(5): 829-32.

Lemus, I., et al. "Hypoglycemic activity of four plants used in Chilean popular medicine." *Phytother. Res.* 1999; 13(2): 91-4.

Pepato, M. T., et al. "Anti-diabetic activity of *Bauhinia forficata* decoction in streptozotocin-diabetic rats." *J. Ethnopharmacol.* 2002; 81(2): 191-97.

Silva, F. R., et al. "Acute effect of *Bauhinia forficata* on serum glucose levels in normal and alloxan-induced diabetic rats." *J. Ethnopharmacol.* 2002; 83(1-2): 33-7.

Yokozawa, T., et al. "Protective effects of some flavonoids on the renal cellular membrane." *Exp. Toxicol. Pathol.* 1999; 51(1): 9-14.

Sarsaparilla (*Smilax officinalis, glabra*)

Ma, D., et al. "Effect of sarsapogenin and its derivatives on the stimulus coupled responses of human neutrophils." *Clin. Chim. Acta.* 2001 Dec; 314(1-2): 107-12.

Chen, T., et al. "A new flavanone isolated from *Rhizoma smilacis glabrae* and the structural requirements for its derivatives for preventing immunological hepatocyte damage." *Planta Med.* 1999; 65(1): 56-9.

Fukunaga, T., et al. "Hypoglycemic effect of the rhizomes of *Smilax glabra* in normal and diabetic mice." *Biol. Pharm. Bull.* 1997 Jan; 20(1):44-6.

Bernardo, R. R., et al. "Steroidal saponins from *Smilax officinalis*." *Phytochemistry.* 1996 Sep; 43(2): 465-9.

Rafatullah, S., et al. "Hepatoprotective and safety evaluation studies on sarsaparilla." *Int. J. Pharmacognosy* 1991; 29: 296-301.

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