



AMAZON CALM SUPPORT*

120 capsules (650 mg each)

Retail price: \$29.95

A synergistic formula of 8 rainforest botanicals traditionally used in South America for their calming, sedative, and nervine effects.* 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 mulungu, manacá, piri-piri, graviola, catuaba, iporuru, ubos, passionflower, chamomile, and muira puama.

Suggested Use: Take 2-3 capsules twice daily or as needed.

Contraindications:

- Not to be used during pregnancy or while breast-feeding.

Drug Interactions: May enhance the effect of blood pressure medications.

Other Observations:

- Manacá contains salicylate. Those allergic to or sensitive to aspirin and salicylates should avoid this formulation.
- Several plants in this formula have been documented to reduce blood pressure in animal studies. Individuals with low blood pressure should be monitored for this possible effect.
- In some individuals this formula may cause drowsiness. If this interferes with daily work, the dosage should be reduced.

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 published research on these ingredients is shown below:

Mulungu (*Erythrina mulungu*, *crista-galli*)

Ribeiro, M. D., "Effect of *Erythrina velutina* and *Erythrina mulungu* in rats submitted to animal models of anxiety and depression." *Braz. J. Med. Biol. Res.* 2006; 39(2): 263-70.

Hidalgo, A., et al. "Differential expression of glycans in the hippocampus of rats trained on an inhibitory learning paradigm." *Neuropathology.* 2006 Dec; 26(6): 501-7.

Vasconcelos, S. M., et al. "Central activity of hydroalcoholic extracts from *Erythrina velutina* and *Erythrina mulungu* in mice." *J. Pharm. Pharmacol.* 2004; 56(3): 389-93.

Chaddock, J. A., et al. "Retargeted clostridial endopeptidases: inhibition of nociceptive neurotransmitter release in vitro, and antinociceptive activity in in vivo models of pain." *Mov. Disord.* 2004 Mar; 19 Suppl 8: S42-7.

Onusic, G. M., et al. "Effects of chronic treatment with a water-alcohol extract from *Erythrina mulungu* on anxiety-related responses in rats." *Biol. Pharm. Bull.* 2003; 26(11): 1538-42.

Onusic, G. M., et al. "Effect of acute treatment with a water-alcohol extract of *Erythrina mulungu* on anxiety-related responses in rats." *Braz. J. Med. Biol. Res.* 2002; 35(4): 473-77.

Kittler, J. T., et al. "Mechanisms of GABA receptor assembly and trafficking: implications for the modulation of inhibitory neurotransmission." *Mol. Neurobiol.* 2002; 26(2-3): 251-68.

Manacá (*Brunfelsia uniflora*)

Moon, P. D., et al. "Use of scopoletin to inhibit the production of inflammatory cytokines through inhibition of the I κ B/NF- κ B signal cascade in the human mast cell line HMC-1." *Eur. J. Pharmacol.* 2007 Jan; 555(2-3): 218-25.

Rollinger, J. M., et al. "Acetylcholinesterase inhibitory activity of scopolin and scopoletin discovered by virtual screening of natural products." *J. Med. Chem.* 2004 Dec 2; 47(25): 6248-54.

Kim, H. J., et al. "Scopoletin suppresses pro-inflammatory cytokines and PGE2 from LPS-stimulated cell line, RAW 264.7 cells." *Fitoterapia.* 2004 Jun; 75(3-4): 261-6.

Chiou, L. C., et al. "Chinese herb constituent beta-eudesmol alleviated the electroshock seizures in mice and electrographic seizures in rat hippocampal slices." *Neurosci. Lett.* 1997; 231(3): 171-74.

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: 203–5.

Piri-Piri (*Cyperus articulatus*)

Rakotonirina, V. S., et al. "Sedative properties of the decoction of the rhizome of *Cyperus articulatus*." *Fitoterapia*. 2001; 72(1): 22-9.

Bum, E. N., et al. "Ions and amino acid analysis of *Cyperus articulatus* L. (Cyperaceae) extracts and the effects of the latter on oocytes expressing some receptors." *J. Ethnopharmacol.* 2004 Dec; 95(2-3): 303-9.

Bum, E. N., et al. "Extracts from rhizomes of *Cyperus articulatus* (Cyperaceae) displace [3H]CGP39653 and [3H]glycine binding from cortical membranes and selectively inhibit NMDA receptor-mediated neurotransmission." *J. Ethnopharmacol.* 1996 Nov; 54(2-3): 103-11.

Bum, E. N., et al. "Effects of *Cyperus articulatus* compared to effects of anticonvulsant compounds on the cortical wedge." *J. Ethnopharmacol.* 2003 Jul; 87(1): 27-34.

Bum, E. N., et al. "Anticonvulsant properties of the methanolic extract of *Cyperus articulatus* (Cyperaceae)." *J. Ethnopharmacol.* 2001 Jul; 76(2): 145-50.

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Bum, E. N., et al. "Organic and water extracts of *Cyperus articulatus* (Cyperaceae) inhibited chemically and electrically-induced convulsions in mice." *J. Cameroon Acad. Sci.* 2002; 2: 96-106.

Graviola (*Annona muricata*)

Padma, P., et al. "Effect of *Annona muricata* and *Polyalthia cerasoides* on brain neurotransmitters and enzyme monoamine oxidase following cold immobilization stress." *J. Natural Remedies* 2001; 1(2): 144–46.

Hasrat, J. A., et al. "Screening of medicinal plants from Suriname for 5-HT 1A ligands: Bioactive isoquinoline alkaloids from the fruit of *Annona muricata*." *Phytomedicine*. 1997; 4(20): 133-140.

N'gouemo, P., et al. "Effects of ethanol extract of *Annona muricata* on pentylentetrazol-induced convulsive seizures in mice." *Phytother. Res.* 1997; 11(3): 243–45.

Padma, P., et al. "Effect of alcohol extract of *Annona muricata* on cold immobilization stress induced tissue lipid peroxidation." *Phytother. Res.* 1997; 11(4): 326-327.

Hasrat, J. A., et al. "Isoquinoline derivatives isolated from the fruit of *Annona muricata* as 5-HTergic 5-HT1A receptor agonists in rats: unexploited antidepressive (lead) products." *J. Pharm. Pharmacol.* 1997; 49(11): 1145–49.

Bourne, R. K., et al. "A preliminary study of the sedative effects of *Annona muricata* (sour sop)." *West Indian Med J.* 1979 Jun; 28(2): 106-10.

Catuaba (*Erythroxylum catuaba*)

Campos, M. M., et al. "Antidepressant-like effects of *Trichilia catigua* (Catuaba) extract: evidence for dopaminergic-mediated mechanisms." *Psychopharmacology* (Berl). 2005; 182(1): 45-53.

Antunes, E., et al. "The relaxation of isolated rabbit corpus cavernosum by the herbal medicine Catuaba and its constituents." *Phytother. Res.* 2001; 15(5): 416-21.

Vaz, Z. R., et al. "Analgesic effect of the herbal medicine Catuaba in thermal and chemical models of nociception in mice." *Phytother. Res.* 1997; 11(2): 101–6.

Barbosa, N. R., et al. "Inhibition of platelet phospholipase A2 activity by catuaba extract suggests anti-inflammatory properties." *Phytother. Res.* 2004; 18(11): 942-4.

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.

Tona, L., et al. "Antiamoebic and spasmolytic activities of extracts from some antidiarrhoeal traditional preparations used in Kinshasa, Congo." *Phytomedicine*. 2000 Mar; 7(1): 31-8.

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.

Ubos (*Spondia mombin*)

Ayoka, A., et al. "Sedative, antiepileptic and antipsychotic effects of *Spondias mombin* L. (Anacardiaceae) in mice and rats." *J. Ethnopharmacol.* 2006 Jan; 103(2): 166-75.

Ayoka, A., et al. "Studies on the anxiolytic effect of *Spondias mombin* L. (Anacardiaceae) extracts." *J. Trad. CAM.* 2005; 2(2): 153-165.

Passionflower (*Passiflora* sp.)

Miyasaka, L., et al. "Passiflora for anxiety disorder." *Cochrane Database Syst Rev.* 2007 Jan 24; (1): CD004518.

Coleta, M., et al. "Neuropharmacological evaluation of the putative anxiolytic effects of *Passiflora edulis* Sims, its sub-fractions and flavonoid constituents." *Phytother. Res.* 2006 Dec; 20(12): 1067-73.

Lolli, L. F., et al. "Possible involvement of GABA(A)-benzodiazepine receptor in the anxiolytic-like effect induced by *Passiflora actinia* extracts in mice." *J. Ethnopharmacol.* 2006 Nov 26;

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Reginato, F. H., et al. "Evaluation of anxiolytic activity of spray dried powders of two South Brazilian *Passiflora* species." *Phytother. Res.* 2006 May; 20(5): 348-51.

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Akhondzadeh, S., et al. "Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam." *J. Clin. Pharm. Ther.* 2001; 26(5): 363-7.

Dhawan, K., et al. "Correct Identification of *Passiflora incarnata* Linn., a Promising Herbal Anxiolytic and Sedative." *J. Med. Food.* 2001 Autumn; 4(3): 137-144.

Wolfman, C., et al. "Possible anxiolytic effects of chrysin, a central benzodiazepine receptor ligand isolated from *Passiflora coerulea*." *Pharmacol. Biochem. Behav.* 1994; 47(1): 1-4.

Maluf, E., et al. "Assessment of the hypnotic/sedative effects and toxicity of *Passiflora edulis* aqueous extract in rodents and humans." *Phytother. Res.* 1991; 5(6): 262-266.

Chamomile (*Matricaria chamomilla*)

Reis, L. S., et al. "*Matricaria chamomilla* CH12 decreases handling stress in Nelore calves." *J. Vet. Sci.* 2006 Jun; 7(2): 189-92.

McKay, D. L., et al. "A review of the bioactivity and potential health benefits of chamomile tea (*Matricaria recutita* L.)." *Phytother. Res.* 2006 Jul; 20(7): 519-30.

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Paladini, C, et al. "Flavonoids and the central nervous system: from forgotten factors to potent anxiolytic

compounds." *J. Pharm. Pharmacol.* 1999; 51(5): 519-26.

Cauffield, J. S., et al. "Dietary supplements used in the treatment of depression, anxiety, and sleep disorders." *Lippincotts Prim. Care. Pract.* 1999; 3(3): 290-304.

Viola, H., et al. "Apigenin, a component of *Matricaria recutita* flowers, is a central benzodiazepine receptors-ligand with anxiolytic effects." *Planta Med.* 1995; 61(3): 213-6.

Muiru puama (Ptychopetalum olacoides)

da Silva, A. L., et al. "Promnesic effects of *Ptychopetalum olacoides* in aversive and non-aversive learning paradigms." *J. Ethnopharmacol.* 2007 Feb; 109(3): 449-457.

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

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