



CHANCA PIEDRA CAPSULES

“Stone Breaker”

100 capsules (500 mg each)

Retail price: \$18.95

Chanca piedra means "stone breaker" throughout South America and the Amazon.* Raintree's chanca piedra has been sustainably harvested in the Amazon Rainforest and the capsules are 100% pure natural herb without any binders, fillers or additives. For more complete information on this unique rainforest plant, please see the online [Tropical Plant Database](#).

Traditional Uses:* for kidney stones and gallstones (active stones and as a preventative); to tone, balance, strengthen, detoxify and protect the kidneys (and to reduce uric acid and increase urination); to tone, balance, strengthen, detoxify, and protect the liver (and to balance liver enzymes); for hypertension and high cholesterol levels

Ingredients: 100% pure chanca piedra whole herb (*Phyllanthus niruri*). No binders, fillers or additives are used. This plant is non-irradiated and non-fumigated and has grown naturally in the Amazon without any pesticides or fertilizers.

Suggested Use: Take 2-3 capsules twice daily or as directed by a health care professional.

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

Drug Interactions: None reported; however, it may potentiate antihypertensive, diabetic, and diuretic drugs.

Other Observations:

- Chanca piedra has been documented to reduce blood pressure in animal studies. Individuals with low blood pressure should be monitored for this possible effect.
- Chanca piedra has been documented with female antifertility effects in one mouse study. Although not proven in humans, the use of the plant is probably contraindicated in women seeking pregnancy.
- This plant has demonstrated hypoglycemic activity. Individuals with hypoglycemia should be monitored more closely for this possible effect.

Clinical Documentation and Research:* Available third-party documentation and clinical research on chanca piedra can be found at the [Raintree website](#) or on [Medline/PubMed](#). A partial listing of published research on chanca piedra is shown below:

Actions on Kidney Stones & Uric Acid:

Murugaiyah V, et al. "Antihyperuricemic lignans from the leaves of *Phyllanthus niruri*." *Planta Med.* 2006 Nov; 72(14): 1262-7.

Micali, S., et al. "Can *Phyllanthus niruri* affect the efficacy of extracorporeal shock wave lithotripsy for renal stones? A randomized, prospective, long-term study." *J. Urol.* 2006 Sep; 176(3): 1020-2.

Barros, M. E., et al. "Effect of extract of *Phyllanthus niruri* on crystal deposition in experimental urolithiasis." *Urol. Res.* 2006 Aug 1;

Nishiura, J. L., et al. "*Phyllanthus niruri* normalizes elevated urinary calcium levels in calcium stone forming (CSF) patients." *Urol. Res.* 2004 Oct; 32(5): 362-6.

Barros, M. E., et al. "Effects of an aqueous extract from *Phyllanthus niruri* on calcium oxalate crystallization in vitro." *Urol. Res.* 2003; 30(6): 374-9.

Freitas, A. M., et al. "The effect of *Phyllanthus niruri* on urinary inhibitors of calcium oxalate crystallization and other factors associated with renal stone formation." *B. J. U. Int.* 2002; 89(9): 829-34.

Campos, A. H., et al. "*Phyllanthus niruri* inhibits calcium oxalate endocytosis by renal tubular cells: its role in urolithiasis." *Nephron.* 1999; 81(4): 393-97.

Antispasmodic, Pain-Relieving, & Anti-inflammatory Actions:

Kassuya, C. A., et al. "Antiinflammatory and antiallodynic actions of the lignan niranthin isolated from *Phyllanthus amarus*. Evidence for interaction with platelet activating factor receptor." *Eur. J. Pharmacol.* 2006 Sep; 546(1-3): 182-8.

lizuka, T., et al. "Vasorelaxant effects of methyl brevifolincarboxylate from the leaves of *Phyllanthus niruri*." *Biol. Pharm. Bull.* 2006; 29(1): 177-9.

Kassuya, C. A., et al. "Anti-inflammatory properties of extracts, fractions and lignans isolated from *Phyllanthus amarus*." *Planta Med.* 2005; 71(8): 721-6.

Kiemer, A. K., et al. "*Phyllanthus amarus* has anti-inflammatory potential by inhibition of iNOS, COX-2, and cytokines via the NF-kappaB pathway." *J. Hepatol.* 2003; 38(3): 289-97.

Santos, A. R., et al. "Antinociceptive properties of extracts of new species of plants of the genus *Phyllanthus* (Euphorbiaceae)." *J. Ethnopharmacol.* 2000; 72(1/2): 229-38.

Miguel, O. G., et al. "Chemical and preliminary analgesic evaluation of geraniin and furosins isolated from *Phyllanthus sellowianus*." *Planta Med.* 1996; 62(2): 146-49.

Paulino, N., et al. "The relaxant effect of extract of *Phyllanthus urinaria* in the guinea-pig isolated trachea. Evidence for involvement of ATP-sensitive potassium channels." *J. Pharm. Pharmacol.* 1996; 48(11): 1158-63.

Santos, A. R., et al. "Analysis of the mechanisms underlying the antinociceptive effect of the extracts of plants from the genus *Phyllanthus*." *Gen. Pharmacol.* 1995; 26(7): 1499-1506.

Santos, A. R., et al. "Further studies on the antinociceptive action of the hydroalcoholic extracts from plants of the genus *Phyllanthus*." *J. Pharm. Pharmacol.* 1995; 47(1): 66-71.

Santos, A. R., et al. "Analgesic effects of callus culture extracts from selected species of *Phyllanthus* in mice." *J. Pharm. Pharmacol.* 1994; 46(9): 755-59.

Calixto, J. B., et al. "Antispasmodic effects of an alkaloid extracted from *Phyllanthus sellowianus*: a comparative study with papaverine." *Braz. J. Med. Biol. Res.* 1984; 17(3-4): 313-21

Antiviral Actions:

Huang, R. L., et al. "Screening of 25 compounds isolated from *Phyllanthus* species for anti-human hepatitis B virus in vitro." *Phytother. Res.* 2003; 17(5): 449-53.

Liu, J., et al. "Genus *Phyllanthus* for chronic Hepatitis B virus infection: A systematic review." *Viral Hepat.* 2001; 8(5): 358-66.

Xin-Hua, W., et al. "A comparative study of *Phyllanthus amarus* compound and interferon in the treatment of chronic viral Hepatitis B." *Southeast Asian J. Trop. Med. Public Health* 2001; 32(1): 140-42.

Wang, M. X., et al. "Herbs of the genus *Phyllanthus* in the treatment of chronic Hepatitis B: Observation with three preparations from different geographic sites." *J. Lab. Clin. Med.* 1995; 126(4): 350-52.

Wang, M. X., et al. "Observations of the efficacy of *Phyllanthus* spp. in treating patients with chronic Hepatitis B." 1994; 19(12): 750-52.

Thyagarajan, S. P., et al. "Effect of *Phyllanthus amarus* on chronic carriers of Hepatitis B virus." *Lancet* 1988; 2(8614): 764-66.

Venkateswaran, P. S., et al. "Effects of an extract from *Phyllanthus niruri* on Hepatitis B and wood chuck hepatitis viruses: *in vitro* and *in vivo* studies." *Proc. Nat. Acad. Sci.* 1987; 84(1): 274-78.

Bhumyamalaki, et al. "*Phyllanthus niruri* and jaundice in children." *J. Natl. Integ. Med. Ass.* 1983; 25(8): 269-72.

Thyagarajan, S. P., et al. "*In vitro* inactivation of HBsAG by *Eclipta alba* (Hassk.) and *Phyllanthus niruri* (Linn.)." *Indian J. Med. Res.* 1982; 76s: 124-30.

Notka, F., et al. "Concerted inhibitory activities of *Phyllanthus amarus* on HIV replication in vitro and ex vivo." *Antiviral Res.* 2004 Nov; 64(2): 93-102.

Notka, F., et al. "Inhibition of wild-type human immunodeficiency virus and reverse transcriptase inhibitor-resistant variants by *Phyllanthus amarus*." *Antiviral Res.* 2003 Apr; 58(2): 175-186.

Qian-Cutrone, J. "Niruriside, a new HIV REV/RRE binding inhibitor from *Phyllanthus niruri*." *J. Nat. Prod.* 1996; 59(2): 196-99.

Ogata, T., et al. "HIV-1 reverse transcriptase inhibitor from *Phyllanthus niruri*." *AIDS Res. Hum. Retroviruses* 1992; 8(11): 1937-44.

Liver Protective & Liver Detoxification Actions:

Bhattacharjee, R., et al. "Protein isolate from the herb, *Phyllanthus niruri* L. (Euphorbiaceae), plays hepatoprotective role against carbon tetrachloride induced liver damage via its antioxidant properties." *Food Chem. Toxicol.* 2006 Nov 11;

Chatterjee, M., et al. "Hepatoprotective effect of aqueous extract of *Phyllanthus niruri* on nimesulide-induced oxidative stress in vivo." *Indian J. Biochem. Biophys.* 2006 Oct; 43(5): 299-305.

Bhattacharjee, R., et al. "The protein fraction of *Phyllanthus niruri* plays a protective role against

acetaminophen induced hepatic disorder via its antioxidant properties." *Phytother. Res.* 2006; 20(7): 595-601.

Lee, C. Y., et al. "Hepatoprotective effect of *Phyllanthus* in Taiwan on acute liver damage induced by carbon tetrachloride." *Am. J. Chin. Med.* 2006; 34(3): 471-82.

Chatterjee, M., et al. "Herbal (*Phyllanthus niruri*) protein isolate protects liver from nimesulide induced oxidative stress." *Pathophysiology.* 2006 May; 13(2): 95-102.

Khatoon, S., et al. "Comparative pharmacognostic studies of three *Phyllanthus* species." *J. Ethnopharmacol.* 2006 Mar; 104(1-2): 79-86.

Levy, C., et al. "Use of herbal supplements for chronic liver disease." *Clin. Gastroenterol Hepatol.* 2004; 2(11): 947-56.

Rajeshkumar, N. V., et al. "*Phyllanthus amarus* extract administration increases the life span of rats with hepatocellular carcinoma." *J. Ethnopharmacol.* 2000 Nov; 73(1-2): 215-19.

Padma, P., et al. "Protective effect of *Phyllanthus fraternus* against carbon tetrachloride-induced mitochondrial dysfunction." *Life Sci.* 1999; 64(25): 2411-17.

Jeena, K. J., et al. "Effect of *Embllica officinalis*, *Phyllanthus amarus* and *Picrorrhiza kurroa* on n-nitrosodietylamine induced hepatocarcinogenesis." *Cancer Lett.* 1999; 136(1): 11-16.

Thabrew, M. R., et al. "Phytogenic agents in the therapy of liver disease." *Phytother. Res.* 1996; 10(6): 461-67.

Prakash, A., et al. "Comparative hepatoprotective activity of three *Phyllanthus* species, *P. urinaria*, *P. niruri* and *P. simplex*, on carbon tetrachloride induced liver injury in the rat." *Phytother. Res.* 1995; 9(8): 594-96.

Dhir, H., et al. "Protection afforded by aqueous extracts of *Phyllanthus* species against cytotoxicity induced by lead and aluminium salts." *Phytother. Res.* 1990; 4(5): 172-76.

Sreenivasa, R. Y. "Experimental production of liver damage and its protection with *Phyllanthus niruri* and *Capparis spinosa* (both ingredients of LIV52) in white albino rats." *Probe* 1985; 24(2): 117-19.

Syamasundar, K. V., et al. "Antihepatotoxic principles of *Phyllanthus niruri* herbs." *J. Ethnopharmacol.* 1985; 14(1): 41-4.

Anticancerous & Cellular Protective Actions:

Leite, D. F., et al. "The cytotoxic effect and the multidrug resistance reversing action of lignans from *Phyllanthus amarus*." *Planta Med.* 2006 Dec; 72(15): 1353-8.

Raphael, K. R., et al. "Inhibition of N-Methyl N'-nitro-N-nitrosoguanidine (MNNG) induced gastric carcinogenesis by *Phyllanthus amarus* extract." *Asian Pac. J. Cancer Prev.* 2006 Apr-Jun; 7(2): 299-302.

Hari Kumar, K. B., et al. "Inhibition of drug metabolizing enzymes (cytochrome P450) in vitro as well as in vivo by *Phyllanthus amarus* Schum & Thonn." *Biol. Pharm. Bull.* 2006; 29(7): 1310-3.

Mellinger, C. G., et al. "Chemical and biological properties of an arabinogalactan from *Phyllanthus niruri*." *J. Nat. Prod.* 2005; 68(10): 1479-83.

Kumar, K. B., et al. "Chemoprotective activity of an extract of *Phyllanthus amarus* against cyclophosphamide induced toxicity in mice." *Phytomedicine.* 2005; 12(6-7): 494-500.

Raphael, K. R., et al. "Inhibition of experimental gastric lesion and inflammation by *Phyllanthus amarus* extract." *J. Ethnopharmacol.* 2003; 87(2-3): 193-7.

Rajeshkumar, N. V. "Antitumour and anticarcinogenic activity of *Phyllanthus amarus* extract." *J. Ethnopharmacol.* 2002; 81(1): 17-22.

Sripanidkulchai, B., et al. "Antimutagenic and anticarcinogenic effects of *Phyllanthus amarus*." *Phytomedicine* 2002; 9(1): 26-32.

Devi, P. U. "Radioprotective effect of *Phyllanthus niruri* on mouse chromosomes." *Curr. Sci.* 2000; 78(10): 1245-47.

Souza, C. R., et al. "Compounds extracted from *Phyllanthus* and *Jatropha elliptica* inhibit the binding of [3H]glutamate and [3H]GMP-PNP in rat cerebral cortex membrane." *Neurochem. Res.* 2000; 25(2): 211-15.

Anti-Diabetic & Anti-Cholesterol Actions:

Adeneye, A. A., et al. "Hypoglycemic and hypocholesterolemic activities of the aqueous leaf and seed extract of *Phyllanthus amarus* in mice." *Fitoterapia.* 2006 Dec; 77(7-8): 511-4.

Ali, H., et al. "alpha-Amylase inhibitory activity of some Malaysian plants used to treat diabetes; with particular reference to *Phyllanthus amarus*." *J. Ethnopharmacol.* 2006 Oct; 107(3): 449-55.

Raphael, K. R., et al. "Hypoglycemic effect of methanol extract of *Phyllanthus amarus* Schum & Thonn on alloxan induced diabetes mellitus in rats and its relation with antioxidant potential." *Indian J. Exp. Biol.* 2002; 40(8): 905-9.

Khanna, A. K., et al. "Lipid lowering activity of *Phyllanthus niruri* in hyperlipemic rats." *J. Ethnopharmacol.* 2002; 82(1): 19-22.

Srividya, N., et al. "Diuretic, hypotensive and hypoglycaemic effect of *Phyllanthus amarus*." *Indian J. Exp. Biol.* 1995; 33(11): 861-64.

Shimizu, M., et al. "Studies on aldose reductase inhibitors from natural products. II. Active components of a Paraguayan crude drug, 'paraparai mi,' *Phyllanthus niruri*." *Chem. Pharm. Bull.* (Tokyo) 1989; 37(9): 2531-32.

Umarani, D., et al. "Ethanol induced metabolic alterations and the effect of *Phyllanthus niruri* in their reversal." *Ancient Sci. Life* 1985; 4(3): 174-80.

Ramakrishnan, P. N., et al. "Oral hypoglycaemic effect of *Phyllanthus niruri* (Linn.) leaves." *Indian J. Pharm. Sci.* 1982; 44(1): 10-12.

Antiparasitic, Antimalarial, Wound-Healing & Other Antimicrobial Actions:

Mazumder, A., et al. "Antimicrobial potentiality of *Phyllanthus amarus* against drug resistant pathogens." *Nat. Prod. Res.* 2006; 20(4):323-6.

Devi, V., et al. "Effect of *Phyllanthus niruri* on wound healing in rats." *Indian J. Physiol Pharmacol.* 2005 Oct-Dec; 49(4): 487-90.

Kolodziej, H., et al. "Tannins and related compounds induce nitric oxide synthase and cytokines gene expressions in Leishmania major-infected macrophage-like RAW 264.7 cells." *Bioorg. Med. Chem.* 2005 Dec; 13(23): 6470-6.

Subeki, S., et al. "Anti-babesial and anti-plasmodial compounds from *Phyllanthus niruri*." *J. Nat. Prod.* 2005; 68(4): 537-9.

Kloucek, P., et al. "Antibacterial screening of some Peruvian medicinal plants used in Calleria District." *J. Ethnopharmacol.* 2005 Jun; 99(2): 309-12.

Cimanga, R. K., et al. "In vitro antiplasmodial activity of callus culture extracts and fractions from fresh apical stems of *Phyllanthus niruri* L. (Euphorbiaceae): part 2." *J. Ethnopharmacol.* 2004 Dec; 95(2-3): 399-404.

Agrawal, A., et al. "Evaluation of inhibitory effect of the plant *Phyllanthus amarus* against dermatophytic fungi *Microsporum gypseum*." *Biomed. Environ. Sci.* 2004 Sep; 17(3): 359-65.

Tona, L., et al. "In vitro antiplasmodial activity of extracts and fractions from seven medicinal plants used in the Democratic Republic of Congo." *J. Ethnopharmacol.* 2004 Jul; 93(1): 27-32.

Mesia, L. T. K., et al. "In-vitro antimalarial activity of *Cassia occidentalis*, *Morinda morindoides* and *Phyllanthus niruri*." *Ann. Trop. Med. Parasitol.* 2001; 95(1): 47-57.

Tona, L., et al. "Antimalarial activity of 20 crude extracts from nine African medicinal plants used in Kinshasa, Congo." *J. Ethnopharmacol.* 1999; 68(1/3): 193-203.

Farouk, A., et al. "Antimicrobial activity of certain Sudanese plants used in folkloric medicine. Screening for antibacterial activity (I)." *Fitoterapia* 1983; 54(1): 3-7.

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