



# CHANCA PIEDRA POWDER

1 Pound (16 oz)

Retail price: \$24.00

**Description:** Chanca piedra means "stone breaker" throughout South America and the Amazon.\* Raintree's chanca piedra has been sustainably wild-harvested in the Amazon Rainforest (without any pesticides or fertilizers). For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and 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:** This plant is best prepared as an infusion (tea): Use one teaspoon of powder for each cup of water. Pour boiling water over herb in cup and allow to steep 10 minutes. Strain tea (or allow settled powder to remain in the bottom of cup) and drink warm. It is traditionally taken in 1 cup dosages, 2-3 times daily.

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

**Drug Interactions:** None reported; however based on animals studies, it might potentiate antihypertensive, diabetic 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 the 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.
- Iizuka, 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 furosin 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 & 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.

This product is sold by health practitioners, retail stores, and [Raintree Nutrition](#). Please contact a health professional concerning other observations and/or effects of this product and/or if you have any disease, condition, or illness for which you are seeking treatment or products for.

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



\*The statements contained herein have not been evaluated by the Food and Drug Administration.  
This product is not intended to treat, cure, or prevent any disease.