



DAMIANA POWDER

1 Pound (16 oz)

Retail Price: \$20.00

Description: Raintree's damiana leaf powder (*Turnera aphrodisiaca*) has been milled into a fine powder which is suitable to stuff into capsules or to prepare your own teas, tinctures or extracts. It has been sustainably wild-harvested in the Brazilian Amazon and it is rich in active and beneficial phytochemicals that occur naturally in this plant. Damiana's chemical composition is complex and its components have not been identified completely. The leaves contain up to 1% volatile oil that is comprised of at least 20 constituents. Damiana leaves also contain tannins, flavonoids, beta-sitosterol, damianin (a brown, bitter substance), and the glycosides gonzalitosin, arbutin, and tetraphyllin B. For more complete information on this rainforest plant, please see the Raintree Nutrition internet website and online [Tropical Plant Database](#).

Traditional Uses:* as a male and female sexual stimulant used to treat erectile dysfunction and anorgasmia; to tone, balance, and strengthen the central nervous system and for emotional stress, depression, and anxiety; for general hormonal balancing; for nervous stomach, colic, and dyspepsia; for mood disorders (hypochondria, obsessive compulsive disorder, neurosis, paranoia, etc.)

Ingredients: 100% pure damiana leaves (*Turnera aphrodisiaca*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated. It is a wild harvested product—grown naturally in the Brazilian 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 amounts, 2-3 times daily.

Contraindications:

- Not to be used while pregnant.
- Animal studies suggest that damiana has hypoglycemic actions. People with low blood sugar should be monitored more closely for this possible effect.

Drug Interactions: Damiana might enhance the action of antidiabetic drugs.

Clinical Documentation and Research:* This Raintree product has not been the subject of any clinical research. Available third-party documentation and research on damiana can be found at the Raintree website or at [PubMed](#). A partial listing of the published third party research on damiana is shown below:

Libido & Sexual Stimulation Actions:

Kumar, S., et al. "Pharmacognostic standardization of *Turnera aphrodisiaca* Ward." *J. Med. Food*. 2006 Summer; 9(2): 254-60.

Rowland, D. L., et al. "A review of plant-derived and herbal approaches to the treatment of sexual dysfunctions." *J. Sex Marital Ther.* 2003 May-Jun; 29(3): 185-205.

Arletti, R., et al. "Stimulating property of *Turnera diffusa* and *Pfaffia paniculata* extracts on the sexual-behavior of male rats." *Psychopharmacology*. 1999; 143(1): 15-19.

Jiu, J. "A survey of some medicinal plants of Mexico for selected biological activity." *Lloydia*. 1966; 29: 250-59.

Hormonal Actions:

Zava, D. T., et al. "Estrogen and progestin bioactivity of foods, herbs and spices." *Proc. Soc. Exp. Biol. Med.* 1998; 217(3): 369-78.

Adaptogenic Actions:

Mendes, F., et al. "Brazilian plants as possible adaptogens: An ethnopharmacological survey of books edited in Brazil." *J. Ethnopharmacol.* 2007 Feb 12; 109(3): 493-500.

Anti-Anxiety Actions:

Kumar, S., et al. "Anti-anxiety activity studies of various extracts of *Turnera aphrodisiaca* Ward." *J. Herb Pharmacother.* 2005; 5(4): 13-21.

Kumar, S., et al. "Anti-anxiety activity studies on homoeopathic formulations of *Turnera aphrodisiaca* Ward." *Evid. Based Complement. Alternat. Med.* 2005 Mar; 2(1): 117-119.

Anti-obesity Actions:

Andersen, 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.

Antispasmodic & Vasodilator Actions:

Hnatyszyn, O., et al. "Argentinian plant extracts with relaxant effect on the smooth muscle of the corpus cavernosum of guinea pig." *Phytomedicine.* 2003 Nov; 10(8): 669-74.

Antimicrobial Actions:

Hernandez, T., et al. "Ethnobotany and antibacterial activity of some plants used in traditional medicine of Zapotitlan de las Salinas, Puebla (Mexico)." *J. Ethnopharmacol.* 2003 Oct; 88(2-3): 181-8.

Hypoglycemic Actions:

Alarcon-Aguilar, F. J., et al. "Investigation on the hypoglycaemic effects of extracts of four Mexican medicinal plants in normal and alloxan-diabetic mice." *Phytother. Res.* 2002; 16(4): 383-86.

Alarcon-Aguilar, F. J., et al. "Study of the anti-hyperglycemic effect of plants used as antidiabetics." *J. Ethnopharmacol.* 1998; 61(2): 101-10.

Constituents Identified:

Alcaraz-Melendez, L., et al. "Analysis of essential oils from wild and micropropagated plants of damiana (*Turnera diffusa*)." *Fitoterapia.* 2004 Dec; 75(7-8): 696-701.

Godoi, A., et al. "Application of low-pressure gas chromatography-ion-trap mass spectrometry to the analysis of the essential oil of *Turnera diffusa* (Ward.) Urb." *J. Chromatogr A.* 2004 Feb; 1027(1-2): 127-30.

Piacente, S., et al. "Flavonoids and arbutin from *Turnera diffusa*." *Z. Naturforsch.* 2002; 57(11-12): 983-5.

Auterhoff, H., et al. "Contents of damiana drugs." *Arch. Pharm. Ber. Dtsch. Pharm. Ges.* 1968; 301(7): 537-44.

This product is distributed through health food stores, health practitioners, and by [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.

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*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.