

# AMAZON F-TONIC



120 capsules (650 mg each)

Retail price: \$29.95

A synergistic formula of 9 rainforest plants traditionally used in South America as female tonics.\* 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 abuta, suma, maca, sarsaparilla, chuchuhuasi, simarouba, damiana, erva tostão, and cat's claw.

**Suggested Use:** Take 2 capsules 2-3 times daily.

## Contraindications:

- Not to be used during pregnancy or while breast-feeding.
- Do not use in estrogen positive cancers.
- Do not use before or following organ or bone marrow transplants or skin grafts.

**Drug Interactions:** None reported, however, it may enhance the effect of antihypertensive medications.

## Other Observations:

- Abuta and erva tostão have been documented to have various actions on heart function. Those with a heart condition should be monitored more closely.

**Clinical Documentation and Research:**\* This proprietary Raintree product has not been the subject of any clinical research. Available third-party documentation and research on each ingredient in this formula can be found at the Raintree website. A partial listing of third-party published research on these ingredients is shown below:

## [Abuta \(Cissampelos pareira\)](#)

Wu, S. J., "Tetrandrine inhibits proinflammatory cytokines, iNOS and COX-2 expression in human monocytic cells." *Biol. Pharm. Bull.* 2007 Jan; 30(1): 59-62.

Hsu, Y. C., et al. "Antifibrotic effects of tetrandrine on hepatic stellate cells and rats with liver fibrosis." *J. Gastroenterol. Hepatol.* 2007 Jan; 22(1): 99-111.

Asai, M., "Berberine alters the processing of Alzheimer's amyloid precursor protein to decrease Abeta secretion." *Biochem. Biophys. Res. Commun.* 2007 Jan; 352(2): 498-502.

Zhu, F., et al. "Berberine chloride can ameliorate the spatial memory impairment and increase the expression of interleukin-1beta and inducible nitric oxide synthase in the rat model of Alzheimer's disease." *BMC Neurosci.* 2006 Dec 1; 7:78.

Choi, B. H., et al. "Berberine reduces the expression of adipogenic enzymes and inflammatory molecules of 3T3-L1 adipocyte." *Exp. Mol. Med.* 2006 Dec; 38(6): 599-605.

Issat, T., et al. "Berberine, a natural cholesterol reducing product, exerts antitumor cytostatic/cytotoxic effects independently from the mevalonate pathway." *Oncol. Rep.* 2006 Dec; 16(6): 1273-6.

Bullough, C., et al. "Herbal medicines used by traditional birth attendants in Malawi." *Trop. Geograph. Med.* 1982; 34: 81-85.

Tiwari, K. C., et al. "Folklore information from Assam for family planning and birth control." *Int. J. Crude Drug Res.* 1982 Nov; 20(3):133-7.

Adesina, S. K. "Studies on some plants used as anticonvulsants in Amerindian and African traditional medicine." *Fitoterapia.* 1982; 53: 147-62.

Mokkhasmit, M., et al. "Pharmacological evaluation of Thai medicinal plants continued." *J. Med. Ass. Thailand* 1971; 54(7): 490-504.

Roy, P. K., et al. "A preliminary note on the pharmacological action of the total alkaloids isolated from *Cissampelos pareira* (false pareira brava)." *Indian J. Med. Res.* 1952; 40: 95.

Caceres, A., et al. "Diuretic activity of plants used for the treatment of urinary ailments in Guatemala." *J. Ethnopharmacol.* 1987; 19(3): 233-45.

.Feng, P. C., et al. "Pharmacological screening of some West Indian medicinal plants." *J. Pharm. Pharmacol.* 1962; 14: 556-61.

### **Suma (Pfaffia paniculata)**

- Mendes, F. R., et al. "Brazilian plants as possible adaptogens: An ethnopharmacological survey of books edited in Brazil." *J. Ethnopharmacol.* 2007 Feb; 109(3): 493-500.
- 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.
- Pinello, K.C., et al. "Effects of Pfaffia paniculata (Brazilian ginseng) extract on macrophage activity." *Life Sci.* 2006 Feb; 78(12): 1287-92.
- Arletti, R., et al. "Stimulating property of Turnera diffusa and Pfaffia paniculata extracts on the sexual behavior of male rats." *Psychopharmacology.* 1999; 143(1): 15-9.
- Matsuzaki, P., et al. "Antineoplastic effects of butanolic residue of Pfaffia paniculata." *Cancer Lett.* 2006 Jul; 238(1): 85-9.
- Freitas, C. S., et al. "Involvement of nitric oxide in the gastroprotective effects of an aqueous extract of Pfaffia glomerata (Spreng) Pedersen, Amaranthaceae, in rats." *Life Sci.* 2004 Jan; 74(9): 1167-79.
- Marques L. C., et al. "Psychopharmacological assessment of Pfaffia glomerata roots (extract BNT-08) in rodents." *Phytother. Res.* 2004 Jul; 18(7): 566-72.

### **Maca (Lepidium meyenii)**

- Zhang, Y., et al. "Effect of ethanol extract of Lepidium meyenii Walp. on osteoporosis in ovariectomized rat." *J. Ethnopharmacol.* 2006 Apr; 105(1-2): 274-9.
- Rubio, J., et al. "Effect of three different cultivars of Lepidium meyenii (Maca) on learning and depression in ovariectomized mice." *BMC Complement. Altern. Med.* 2006 Jun 23; 6:23.
- Bogani, P., et al. "Lepidium meyenii (Maca) does not exert direct androgenic activities." *J. Ethnopharmacol.* 2006 Apr; 104(3): 415-7.
- Ruiz-Luna, A.C., et al. "Lepidium meyenii (Maca) increases litter size in normal adult female mice." *Reprod. Biol. Endocrinol.* 2005 May; 3(1): 16.
- Lopez-Fando, A., et al. "Lepidium peruvianum Chacon restores homeostasis impaired by restraint stress." *Phytother. Res.* 2004; 18(6): 471-4.
- Bogani, P., et al. "Lepidium meyenii (Maca) does not exert direct androgenic activities." *J. Ethnopharmacol.* 2005 Oct 17;
- Zheng, B. L., et al. "Effect of a lipidic extract from Lepidium meyenii on sexual behavior in mice and rats." *Urology* 2000; 55(4): 598-602.

### **Sarsaparilla (Smilax officinalis)**

- Spelman, K., et al. "Modulation of cytokine expression by traditional medicines: a review of herbal immunomodulators." *Altern. Med. Rev.* 2006 Jun; 11(2): 128-50.
- Chu, K. T., et al. "Smilaxin, a novel protein with immunostimulatory, antiproliferative, and HIV-1-reverse transcriptase inhibitory activities from fresh Smilax glabra rhizomes." *Biochem. Biophys. Res. Commun.* 2006 Feb; 340(1): 118-24.
- Ban, J. Y., et al. "Catechin and epicatechin from Smilacis chinae rhizome protect cultured rat cortical neurons against amyloid beta protein (25-35)-induced neurotoxicity through inhibition of cytosolic calcium elevation." *Life Sci.* 2006 Nov; 79(24): 2251-9.
- Ren, L. X., et al. "Antidepressant-like effects of sarsasapogenin from Anemarrhena asphodeloides BUNGE (Liliaceae)." *Biol. Pharm. Bull.* 2006 Nov; 29(11): 2304-6.
- Ban, J. Y., et al. "Protection of amyloid beta protein (25-35)-induced neurotoxicity by methanol extract of Smilacis chinae rhizome in cultured rat cortical neurons." *J. Ethnopharmacol.* 2006 Jun; 106(2): 230-7.
- Hu, Y., et al. "A new approach to the pharmacological regulation of memory: Sarsasapogenin improves memory by elevating the low muscarinic acetylcholine receptor density in brains of memory-deficit rat models." *Brain Res.* 2005 Oct; 1060(1-2): 26-39.
- Jiang, J., et al. "Immunomodulatory activity of the aqueous extract from rhizome of Smilax glabra in the later phase of adjuvant-induced arthritis in rats." *J. Ethnopharmacol.* 2003; 85(1): 53-9.
- Ageel, A. M., et al. "Experimental studies on antirheumatic crude drugs used in Saudi traditional medicine." *Drugs Exp. Clin. Res.* 1989; 15(8): 369-72.
- Wang, J., et al. "Astilbin prevents concanavalin A-induced liver injury by reducing TNF-alpha production and T lymphocytes adhesion." *J. Pharm. Pharmacol.* 2004; 56(4): 495-502.
- Rafatullah, S., et al. "Hepatoprotective and safety evaluation studies on sarsaparilla." *Int. J. Pharmacognosy* 1991; 29: 296-301.

Chu, K. T., et al. "Smilaxin, a novel protein with immunostimulatory, antiproliferative, and HIV-1-reverse transcriptase inhibitory activities from fresh *Smilax glabra* rhizomes." *Biochem. Biophys. Res. Commun.* 2005 Dec; 340(1): 118.

### **Chuchuhuasi (*Maytenus krukovii*, *laevis*)**

Bruni, R., et al. "Antimutagenic, antioxidant and antimicrobial properties of *Maytenus krukovii* bark." *Fitoterapia.* 2006 Dec; 77(7-8): 538-45.

Nakagawa, H., et al. "Chemical constituents from the Colombian medicinal plant *Maytenus laevis*." *J. Nat. Prod.* 2004; 67(11): 1919-24.

Moreira, R. R., et al. "Release of intermediate reactive hydrogen peroxide by macrophage cells activated by natural products." *Biol. Pharm. Bull.* 2001; 24(2): 201-4.

Flemming, K. "Increase of phagocytosis activity by *Maytenus laevis* leaves and Scholler-Tornesch lignine (Porlisan)." *Naturwissenschaften.* 1965 Jun; 52(12):3 46-7.

Dicarlo F. J., et al. "Protection of mice against gram-positive bacteria with *Maytenus laevis* and other RES stimulants." *Proc. Soc. Exp. Biol. Med.* 1964 May; 116:195-7.

### **Simarouba (*Simarouba amara*)**

Rivero-Cruz, J. F., et al. "Cytotoxic constituents of the twigs of *Simarouba glauca* collected from a plot in Southern Florida." *Phytother. Res.* 2005; 19(2): 136-40.

Mata-Greenwood, E., et al. "Novel esters of glaucarubolone as inducers of terminal differentiation of promyelocytic HL-60 cells and inhibitors of 7,12-dimethylbenz[a]anthracene-induced preneoplastic lesion formation in mouse mammary organ culture." *J. Nat. Prod.* 2001; 64(12): 1509-13.

Morre, D. J., et al. "Effect of the quassinoids glaucarubolone and simalikalactone D on growth of cells permanently infected with feline and human immunodeficiency viruses and on viral infections." *Life Sci.* 1998; 62(3): 213-9.

Rahman, S., et al. "Anti-tuberculosis activity of quassinoids." *Chem. Pharm. Bull.* 1997; 45(9): 1527-9.

### **Damiana (*Turnera aphrodisiaca*)**

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.

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

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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.

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.

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

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.

### **Erva tostão (*Boerhaavia diffusa*)**

Rawat, A. K., et al. "Hepatoprotective activity of *Boerhaavia diffusa* L. roots—a popular Indian ethnomedicine." *J. Ethnopharmacol.* 1997; 56(1): 61-66.

Chandan, B. K., et al. "*Boerhaavia diffusa*: a study of its hepatoprotective activity." *J. Ethnopharmacol.* 1991; 31(3): 299-307.

Barthwal, M., et al. "Histologic studies on endometrium of menstruating monkeys wearing IUDS: comparative evaluation of drugs." *Adv. Contracept.* 1990; 6(2): 113-24.

Bharali, R., et al. "Chemopreventive action of *Boerhaavia diffusa* on DMBA-induced skin carcinogenesis in mice." *Indian J. Physiol. Pharmacol.* 2003 Oct; 47(4): 459-64.

Mehrotra, S., et al. "Antilymphoproliferative activity of ethanolic extract of *Boerhaavia diffusa* roots." *Exp. Mol. Pathol.* 2002 Jun; 72(3): 236-42.

Satheesh, M. A., et al. "Antioxidant effect of *Boerhavia diffusa* L. in tissues of alloxan induced diabetic rats." *Indian J. Exp. Biol.* 2004; 42(10): 989-92.

Mehrotra, S., et al. "Immunomodulation by ethanolic extract of *Boerhaavia diffusa* roots." *Int. Immunopharmacol.* 2002; 7: 987-96.

Mungantiwarn, A. A., et al. "Studies on the immunomodulatory effects of *Boerhaavia diffusa* alkaloidal fraction." *J. Ethnopharmacol.* 1999 May; 65(2): 125-31.

### **Cat's claw (*Uncaria tomentosa*)**

Hardin, S. R. "Cat's claw: An Amazonian vine decreases inflammation in osteoarthritis." *Complement. Ther. Clin. Pract.* 2007 Feb; 13(1): 25-8.

Spelman, K., et al. "Modulation of cytokine expression by traditional medicines: a review of herbal immunomodulators." *Altern. Med. Rev.* 2006 Jun; 11(2): 128-50.

Pilarski, R., et al. "Antioxidant activity of ethanolic and aqueous extracts of *Uncaria tomentosa* (Willd.)" *J. Ethnopharmacol.* 2006 Mar; 104(1-2): 18-23.

Mammone, T., et al. "A water soluble extract from *Uncaria tomentosa* (Cat's Claw) is a potent enhancer of DNA repair in primary organ cultures of human skin." *Phytother. Res.* 2006; 20(3): 178-83.

Cisneros, F. J., et al. "An *Uncaria tomentosa* (cat's claw) extract protects mice against ozone-induced lung inflammation." *J. Ethnopharmacol.* 2005 Jan; 96(3): 355-64.

Goncalves, C., et al. "Antioxidant properties of proanthocyanidins of *Uncaria tomentosa* bark decoction: a mechanism for anti-inflammatory activity." *Phytochemistry.* 2005; 66(1): 89-98.

Riva, L., et al. "The antiproliferative effects of *Uncaria tomentosa* extracts and fractions on the growth of breast cancer cell line." *Anticancer Res.* 2001; 21(4A): 2457-61.

Sheng, Y., et al. "DNA repair enhancement of aqueous extracts of *Uncaria tomentosa* in a human volunteer study." *Phytomedicine.* 2001; 8(4): 275-82.

Mohamed, A. F., et al. "Effects of *Uncaria tomentosa* total alkaloid and its components on experimental amnesia in mice: elucidation using the passive avoidance test." *J. Pharm. Pharmacol.* 2001; 52(12): 1553-61.

Sandoval, M., et al. "Cat's claw inhibits TNFalpha production and scavenges free radicals: role in cytoprotection." *Free Radic. Biol. Med.* 2000; 29(1): 71-8.

Lemaire, I., et al. "Stimulation of interleukin-1 and -6 production in alveolar macrophages by the neotropical liana, *Uncaria tomentosa* (una de gato)." *J. Ethnopharmacol.* 1999; 64(2): 109-15.

Sheng, Y., et al. "Induction of apoptosis and inhibition of proliferation in human tumor cells treated with extracts of *Uncaria tomentosa*." *Anticancer Res.* 1998; 18(5A): 3363-68.

Salazar, E. L., et al. "Depletion of specific binding sites for estrogen receptor by *Uncaria tomentosa*." *Proc. West. Pharmacol. Soc.* 1998; 41(1): 123-124.

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