



# AMAZON GALLBLADDER SUPPORT\*

120 capsules (600 mg each)

Retail price: \$29.95

A synergistic formula of rainforest plants traditionally used in South America for gallbladder function.\* 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 artichoke, chanca piedra, boldo, carqueja, erva tostão, condurango, gervão, and jurubeba

**Suggested Use:** Take 3 capsules twice daily.

**Contraindications:** Not to be used during pregnancy, while breast-feeding or while seeking to become pregnant.

**Drug Interactions:** May potentiate antihypertensive, cholesterol and diabetic medications.

## Other Observations:

- Several of the plants in this formula are documented with liver detoxing actions which may speed the clearance of drugs metabolized in the liver; thereby reducing their pharmacological effect or half-life.
- Gervão contains some salicylic acid. Those allergic to aspirin or salicylates may wish to avoid this formula.

**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 published third-party research on these ingredients is shown below:

### [Artichoke \(Cynara scolymus\)](#)

Glasl, S., et al. "Choleretic effects of the Mongolian medicinal plant *Saussurea amara* in the isolated perfused rat liver." *Planta Med.* 2007 Jan;73(1):59-66.

Benedek, B., et al. "Choleretic effects of yarrow (*Achillea millefolium* S.L.) in the isolated perfused rat liver.

*Phytomedicine.* 2006 Nov; 13(9-10): 702-6.

Emendorfer, F., et al. "Antispasmodic activity of fractions and cynaropicrin from *Cynara scolymus* on guinea-pig ileum." *Biol. Pharm. Bull.* 2005; 28(5): 902-4.

Emendorfer, F., et al. "Evaluation of the relaxant action of some Brazilian medicinal plants in isolated guinea-pig ileum and rat duodenum." *J. Pharm. Pharm. Sci.* 2005 Mar; 8(1): 63-8.

Wittemer, S. M., et al. "Bioavailability and pharmacokinetics of caffeoylquinic acids and flavonoids after oral administration of Artichoke leaf extracts in humans." *Phytomedicine.* 2005; 12(1-2): 28-38.

Hiner, A. N., et al. "Kinetic study of the effects of calcium ions on cationic artichoke (*Cynara scolymus* L.) peroxidase: calcium binding, steady-state kinetics and reactions with hydrogen peroxide." *Biochimie.* 2004; 86(9-10): 667-76.

Holtmann, G., et al. "Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial." *Aliment. Pharmacol. Ther.* 2003 Dec; 18(11-12): 1099-105.

Saenz Rodriguez, T., et al. "Choleretic activity and biliary elimination of lipids and bile acids induced by an artichoke leaf extract in rats." *Phytomedicine.* 2002 Dec; 9(8): 687-93.

Gebhardt, R. "Anticholestatic activity of flavonoids from artichoke (*Cynara scolymus* L.) and of their metabolites." *Med. Sci. Monit.* 2001; (7) Suppl. 1: 316-20.

### [Chanca Piedra \(Phyllanthus niruri\)](#)

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;

Iizuka, T., et al. "Vasorelaxant Effects of Methyl Brevifolincarboxylate from the Leaves of *Phyllanthus niruri*." *Biol. Pharm. Bull.* 2006; 29(1): 177-9.

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.

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.

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

### **Boldo (*Peumus boldus*)**

Estelles, R., et al. "Effect of boldine, secoboldine, and boldine methine on angiotensin II-induced neutrophil recruitment *in vivo*." *J. Leukoc. Biol.* 2005 Sep; 78(3): 696-704.

Kang, J. J., et al. "Studies on neuromuscular blockade by boldine in the mouse phrenic nerve diaphragm." *Planta Med.* 1999; 65(2): 178–79.

Kang, J. J., et al. "Effects of boldine on mouse diaphragm and sarcoplasmic reticulum vesicles isolated from skeletal muscle." *Planta Med.* 1998; 64(1): 18–21.

Gotteland, M., et al. "Protective effect of boldine in experimental colitis." *Planta Med.* 1997; 63(4): 311–15.

Gotteland, M., et al. "Effect of a dry boldo extract on oro-cecal intestinal transit in healthy volunteers." *Rev. Med. Chil.* 1995; 123(8): 955–60.

Backhouse, N., et al. "Anti-inflammatory and antipyretic effects of boldine." *Agents Actions* 1994; 42(3–4): 114–17.

Speisky, H., et al. "Boldo and boldine: an emerging case of natural drug development." *Pharmacol. Res.* 1994 Jan-Feb; 29(1): 1-12.

Tavares, D. C., et al. "Evaluation of the genotoxic potential of the alkaloid boldine in mammalian cell systems *in vitro* and *in vivo*." *Mutat. Res.* 1994; 321(3): 139–45.

Ivorra, M. D., et al. "Different mechanism of relaxation induced by aporphine alkaloids in rat uterus." *J. Pharm. Pharmacol.* 1993; 45(5): 439–43.

Lanhers, M. C., et al. "Hepatoprotective and anti-inflammatory effects of a traditional medicinal plant of Chile, *Peumus boldus*." *Planta Med.* 1991; 57(2): 110–15.

Lévy-Appert-Collin, M. C., et al. "Galenic preparations from *Peumus boldus* leaves (Monimiaceae)." *J. Pharm. Belg.* 1977; 32: 13.

### **Carqueja (*Baccharis genistelloides, trimera*)**

Abad, M. J., et al. "Anti-inflammatory activity of four Bolivian *Baccharis* species (Compositae)." *J. Ethnopharmacol.* 2006 Feb; 103(3): 338-44.

Coelho, M. G., et al. "Anti-arthritic effect and subacute toxicological evaluation of *Baccharis genistelloides* aqueous extract." *Toxicol. Lett.* 2004 1; 154(1-2): 69-80.

Hnatszyn, 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.

Torres, L. M., et al. "Diterpene from *Baccharis trimera* with a relaxant effect on rat vascular smooth muscle." *Phytochemistry.* 2000 Nov; 55(6): 617-9.

Gonzales, E., et al. "Gastric cytoprotection of Bolivian medicinal plants." *J. Ethnopharmacol.* 2000; 70(3): 329–33.

Gene, R. M., et al. "Anti-inflammatory and analgesic activity of *Baccharis trimera*: Identification of its active constituents." *Planta Med.* 1996; 62(3): 232–5.

Gene, R. M., et al. "Anti-inflammatory effect of aqueous extracts of three species of the genus *Baccharis*." *Planta Med.* 1992 Dec; 58(6): 565-6.

Soicke, H., et al. "Characterisation of flavonoids from *Baccharis trimera* and their antihepatotoxic properties." *Planta Med.* 1987; 53(1): 37–9.

### **Erva Tostão (*Boerhaavia diffusa*)**

Borrelli, F., et al. "Spasmolytic effects of nonprenylated rotenoid constituents of *Boerhaavia diffusa* roots." *J. Nat. Prod.* 2006; 69(6): 903-6.

Borrelli, F., et al. "Isolation of new rotenoids from *Boerhaavia diffusa* and evaluation of their effect on intestinal motility." *Planta Med.* 2005; 71(10): 928-32.

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.

Mudgal, V. "Studies on medicinal properties of *Convolvulus pluricaulis* and *Boerhaavia diffusa*." *Planta Med.* 1975; 28: 62.

### **Condurango (*Marsdenia cundurango*)**

Yamasaki, K., et al. "Studies on the effect of crude drugs on enzyme activities (IV) Influence of stomachic crude drugs on digestive enzymes." *Shoyakugaku Zasshi.* 1986; 40(3): 289-294.

De Las Heras, B., et al. "Anti-inflammatory and antioxidant activity of plants used in traditional medicine in Ecuador." *J. Ethnopharmacol.* 1998; 61(2): 161-166.

Ortega, T., et al. "Anti-inflammatory activity of ethanolic extracts of plants used in traditional medicine in Ecuador." *Phytother. Res.* 1996; S121 -S122.

#### **Gervão (Stachytarpheta jamaicensis)**

Lee, J. H., et al. "The effect of acteoside on histamine release and arachidonic acid release in RBL-2H3 mast cells." *Arch. Pharm. Res.* 2006 Jun; 29(6): 508-13.

Penido, C., et al. "Anti-inflammatory and anti-ulcerogenic properties of *Stachytarpheta cayennensis* (L.C. Rich) Vahl." *J. Ethnopharmacol.* 2006 Mar; 104(1-2): 225-33.

Mesia-Vela, S., et al. "Pharmacological study of *Stachytarpheta cayennensis* Vahl in rodents." *Phytomedicine.* 2004; 11(7-8): 616-24.

Vela, S. M., et al. "Inhibition of gastric acid secretion by the aqueous extract and purified extracts of *Stachytarpheta cayennensis*." *Planta Med.* 1997; 63(1): 36-9.

Almeida, C. E., et al. "Analysis of antidiarrhoeic effect of plants used in popular medicine." *Rev. Saude. Publica.* 1995; 29(6): 428-33.

Mesia-Vela, S., et al. "Pharmacological study of *Stachytarpheta cayennensis* Vahl in rodents." *Phytomedicine.* 2004; 11(7-8): 616-24.

Ferrandiz, M. L., et al. "Hispidulin protection against hepatotoxicity induced by bromobenzene in mice." *Life Sci.* 1994; 55(8): PL145-50.

#### **Jurubeba (Solanum paniculatum)**

Botion, L. M., et al. "Effects of the Brazilian phytopharmaceutical product Jerobina® on lipid metabolism and intestinal tonus." *J. Ethnopharmacol.* 2005 Nov; 102(2): 137-42.

Braga, F. T., et al. *Jurubeba*. Centro Universitário de Lavras, Lavras-MG Brazil, 2002.

Mesia-Vela, S., et al. "*Solanum paniculatum* L. (Jurubeba): Potent inhibitor of gastric acid secretion in mice." *Phytomedicine* 2002; 9(6): 508-14.

Barros, G. S. G., et al. "Pharmacological screening of some Brazilian northeastern plants." *Rev. Bras. Farm.* 1970; 48: 195-204.

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