AMAZON HAIR SUPPORT*

120 capsules (650 mg each) **Retail price: $29.95**

A synergistic formula of 8 rainforest botanicals traditionally used in South America for healthy hair.* 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 avenca, muira puama, nettle, chuchuhuasi, catuaba, mutamba, gervâo, and sarsaparilla.
Suggested Use: Take 2-3 capsules twice daily.

Contraindications: Not to be used during pregnancy, while breast-feeding or while seeking to become pregnant.
Drug Interactions: May enhance the effects of antihypertensive medications.
Other Observations:

- Several ingredients have been documented to reduce blood pressure in animal studies. Those with low blood pressure should be monitored more closely for this possible effect.
- This formulation may increase body hair, including facial hair.

Clinical Documentation and Research:* This proprietary Raintree product has not been the subject of any clinical research. Available third-party documentation and clinical 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:

Avenca (Adiantum capillus-veneris)

Murthy, R. S. R., et al. “Anti-implantation activity of isoadiantone.” *Indian Drugs* 1984; 21(4): 141–44.
Murti, S. “Post coital anti-implantation activity of Indian medicinal plants.” *Abstr. 32nd Indian Pharmaceutical Cong. Nagpur.* 1981; Abstract D14: 23–5.
Mahmoud, M. J., et al. “*In vitro* antimicrobial activity of *Salsola rosmarinus* and *Adiantum capillus-veneris*.” *Int. J. Crude Drug Res*. 1989; 27(1): 14–16.
Husson, G. P., et al. “Research into antiviral properties of a few natural extracts.” *Ann. Pharm. Fr.* 1986; 44(1): 41–8.

Muira Puama (Ptychopetalum olacoides)

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.
da Silva, A. L., et al. "Promnesic effects of *Ptychopetalum olacoides* in aversive and non-aversive learning paradigms." *J. Ethnopharmacol.* 2007 Feb; 109(3): 449-457.
Siqueira, I. R., et al. “Neuroprotective effects of *Ptychopetalum olacoides* Bentham (Olacaceae) on oxygen and glucose deprivation induced damage in rat hippocampal slices.” *Life Sci*. 2004 Aug; 75(15): 1897-906.
Siqueira, I. R., et al. “*Ptychopetalum olacoides*, a traditional Amazonian "nerve tonic," possesses anticholinesterase activity.” *Pharmacol. Biochem. Behav*. 2003 Jun; 75(3): 645-50.
Forgacs, P., et al. “Phytochemical and biological activity studies on 18 plants from French Guyana.” *Plant Med. Phytother.* 1983; 17(1): 22–32.
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.
Waynberg, J., et al. ”Effects of Herbal vX on libido and sexual activity in premenopausal and postmenopausal women.” *Adv. Ther.* 2000 Sep-Oct; 17(5): 255-62.

Nettle (Urtica dioica)

Schottner, M., et al. “Lignans from the roots of *Urtica dioica* and their metabolites bind to human sex hormone binding globulin (SHBG).” *Planta Med.* 1997; 63(6): 529-32.
Safarinejad, M. R., "*Urtica dioica* for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study." *J. Herb Pharmacother.* 2005; 5(4): 1-11.

Popa, G., et al. “Efficacy of a combined Sabal-urtica preparation in the symptomatic treatment of benign prostatic hyperplasia. Results of a placebo-controlled double-blind study.” *MMW Fortschr. Med*. 2005 Oct; 147 Suppl 3:103-8.
Harput, U.S., et al. “Stimulation of lymphocyte proliferation and inhibition of nitric oxide production by aqueous *Urtica dioica* extract.” *Phytother. Res.* 2005; 19(4): 346-8.
Schneider, T., et al. “Stinging nettle root extract (Bazoton-uno) in long term treatment of benign prostatic syndrome (BPS). Results of a randomized, double-blind, placebo controlled multicenter study after 12 months” *Urologe A*. 2004 Mar;43(3):302-6.
Carson, C., et al. “The role of dihydrotestosterone in benign prostatic hyperplasia.” *Urology.* 2003; 61(4 Suppl 1): 2-7.
Gullcin, I., et al. “Purification and characterization of polyphenol oxidase from nettle (*Urtica dioica* L.) and inhibitory effects of some chemicals on enzyme activity.” *J. Enzyme Inhib. Med. Chem.* 2005 Jun; 20(3): 297-302.
Lichius, J. J., et al. “The inhibiting effects of *Urtica dioica* root extracts on experimentally induced prostatic hyperplasia in the mouse.” *Planta Med.* 1997; 63(4): 307-10.
Hryb, D. J., et al. “The effect of extracts of the roots of the stinging nettle (*Urtica dioica*) on the interaction of SHBG with its receptor on human prostatic membranes.” *Planta Med.* 1995; 61(1): 31-2.
Krzeski, T., et al. “Combined extracts of *Urtica dioica* and *Pygeum africanum* in the treatment of benign prostatic hyperplasia: double-blind comparison of two doses.” *Clin. Ther*. 1993; 15(6): 1011-20.

Chuchuhuasi (Maytenus krukovii)

Bradshaw, D., et al. “Therapeutic potential of protein kinase C inhibitors.” *Agents and Actions* 1993; 38: 135-47.
Bruni, R., et al. "Antimutagenic, antioxidant and antimicrobial properties of *Maytenus krukovii* bark." *Fitoterapia*. 2006 Dec; 77(7-8): 538-45.
Honda, T., et al. “Partial synthesis of krukovines A and B, triterpene ketones isolated from the Brazilian medicinal plant *Maytenus krukovii*.” *J. Nat. Prod*. 1997; 60(11): 1174-77.
Morita, H., et al. “Triterpenes from Brazilian medicinal plant “chuchuhuasi” (*Maytenus krukovii*).” *J. Nat. Prod*. 1996; 59(11): 1072-75.
Sekar K. V., et al. “Mayteine and 6-benzoyl-6-deacetyl-mayteine from *Maytenus krukovii*.” *Planta Med*. 1995; 61: 390.
Itokawa, H., et al. “Isolation, structural elucidation and conformational analysis of sesquiterpene pyridine alkaloids from *Maytenus ebenifolia* Reiss. X-ray molecular structure of ebenifoline W-1.” *J. Chem. Soc. Perkin. Trans*. I 1993; 11: 1247-54.

Catuaba (Erythroxylum catuaba)

Barbosa, N. R., et al. “Inhibition of platelet phospholipase A2 activity by catuaba extract suggests anti-inflammatory properties.” *Phytother. Res*. 2004; 18(11): 942-4.
Uchino, T., et al. “Potent protecting effects of Catuaba (*Anemopaegma mirandum*) extracts against hydroperoxide-induced cytotoxicity.” *Toxicol. In Vitro.* 2004 Jun; 18(3): 255-63.
Pizzolatti, M. G., et al. “Two epimeric flavalignans from *Trichilia catigua* (Meliaceae) with antimicrobial activity.” *Z. Naturforsch* 2002; 57(5–6): 483–88.
Satoh, M., et al. “Cytotoxic constituents from *Erythroxylum catuaba*. Isolation and cytotoxic activities of cinchonain.” *Natural Med*. 2000; 54(2): 97–100.
Manabe, H., et al. “Effects of catuaba extracts on microbial and HIV infection.” *In Vivo* 1992; 6(2): 161–65.

Mutamba (Guazuma ulmifolia)

Kamimura, A., et al. "Procyanidin oligomers counteract TGF-beta1- and TGF-beta2-induced apoptosis in hair epithelial cells: an insight into their mechanisms." *Skin Pharmacol. Physiol.* 2006; 19(5): 259-65.
Kamimura, A., et al. “Procyanidin B-2, extracted from apples, promotes hair growth: A laboratory study.” *Br. J. Dermatol.* 2002; 146(1): 41–51.
Takahashi, T., et al. “The first clinical trial of topical application of procyanidin B-2 to investigate its potential as a hair growing agent.” *Phytother. Res.* 2001; 15(4): 331–36.
Takahashi, T., et al. “Several selective protein kinase C inhibitors including procyanidins promote hair growth.” *Skin Pharmacol. Appl. Skin Physiol.* 2000 May-Aug; 13(3-4): 133-42.
Takahashi, T., et al. “Toxicological studies on procyanidin B-2 for external application as a hair growing agent.”

Food Chem. Toxicol. 1999; 37(5): 545–52.
Takahashi, T., et al. “Procyanidin oligomers selectively and intensively promote proliferation of mouse hair epithelial cells in vitro and activate hair follicle growth in vivo.” *J. Invest. Dermatol.* 1999; 112(3): 310-6.

Gervâo (Stachytarpeta sp)

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.
Dabaghi-Barbosa, P., et al. “Hispidulin: antioxidant properties and effect on mitochondrial energy metabolism.” *Free Radic. Res*. 2005; 39(12): 1305-15.
Qiusheng, Z., et al. “Effects of verbascoside and luteolin on oxidative damage in brain of heroin treated mice.” Pharmazie. 2005; 60(7): 539-43.
Zhao, C., et al. "*In vitro*" protection of DNA from Fenton reaction by plant polyphenol verbascoside.” *Biochim. Biophys. Acta*. 2005 May 25; 1723(1-3): 114-23.
Alvarez, E., et al. “Inhibitory effects of leaf extracts of *Stachytarpheta jamaicensis* (Verbenaceae) on the respiratory burst of rat macrophages.” *Phytother. Res*. 2004; 18(6): 457-62.
Liu, M.J.,et al.“The effects of verbascoside on plasma lipid peroxidation level and erythrocyte membrane fluidity during immobilization in rabbits: a time course study.” *Life Sci*. 2003 Jul; 73(7): 883-92.
Sheng, G. Q., et al. “Protective effect of verbascoside on 1-methyl-4-phenylpyridinium ion-induced neurotoxicity in PC12 cells.” *Eur. J. Pharmacol*. 2002; 451(2): 119–24.
Daels-Rakotoarison, D. A., et al. “Neurosedative and antioxidant activities of phenylpropanoids from *Ballota nigra*.” *Arzneimittelforschung*. 2000; 50(1): 16-23.
Sanz, M. J., et al. “Influence of a series of natural flavonoids on free radical generating systems and oxidative stress.” *Xenobiotica*. 1994; 24(7): 689-99.

Sarsaparilla (Smilax officinalis)

Shao, B., et al. "Steroidal saponins from *Smilax china* and their anti-inflammatory activities." *Phytochemistry*. 2007 Mar; 68(5): 623-30.
Jeon, S. Y., et al. “Beta-secretase (BACE1)-inhibiting stilbenoids from Smilax Rhizoma.” *Phytomedicine*. 2006 Nov 2;
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.
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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.
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.
Chen, T., et al. “A new flavanone isolated from *Rhizoma smilacis glabrae* and the structural requirements for its derivatives for preventing immunological hepatocyte damage." *Planta Med.* 1999; 65(1): 56–9.

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