

# AMAZON M-TONIC



**120 capsules (650 mg each)**

**Retail price: \$29.95**

A botanical formula which combines 8 plants used by the shamans of the rainforest and herbal practitioners in South America for male vigor, libido, and as specific tonics for men.\* 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 muira puama, maca, suma, sarsaparilla, catuaba, chuchuhuasi, nettle, and jatoba.

**Suggested Use:** Take 2 capsules 2-3 times daily. Specifically formulated for men.

**Contraindications:** None.

**Drug Interactions:** May enhance the effect of high blood pressure medications.

**Other Observations:**

- Several plants in this formula have been documented to reduce blood pressure. Individuals with low blood pressure should be monitored for this possible effect.

**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 research on these ingredients is shown below:

## [Muirapuama \(\*Ptychopetalum olacoides\*\)](#)

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. "Male sexual asthenia—interest in a traditional plant-derived medication." *Ethnopharmacology*; 1995.

Waynberg, J. "Contributions to the clinical validation of the traditional use of *Ptychopetalum guyanna*." Presented at the First International Congress on Ethnopharmacology, Strasbourg, France, June 5-9, 1990.

Bucci, L. R., et al. "Selected herbals and human exercise performance." *Am. J. Clin. Nutr.* 2000 Aug; 72(2 Suppl): 624S-36S.

Paiva, L., et al. "Effects of *Ptychocephalum olacoides* extract on mouse behaviour in forced swimming and open field tests." *Phytother. Res.* 1998; 12(4): 294-96.

da Silva, A. L., et al. "Memory retrieval improvement by *Ptychopetalum olacoides* in young and aging mice." *J. Ethnopharmacol.* 2004 Dec; 95(2-3): 199-203.

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.

Siqueira, I. R., et al. "Psychopharmacological properties of *Ptychopetalum olacoides* Bentham (Olacaceae)." *Pharmaceutical Biol.* 1998; 36(5): 327-34.

## [Maca \(\*Lepidium meyenii\*\)](#)

Lopez-Fando, A., et al. "*Lepidium peruvianum* Chacon restores homeostasis impaired by restraint stress." *Phytother. Res.* 2004; 18(6): 471-4.

Cicero, A. F., et al. "Hexanic maca extract improves rat sexual performance more effectively than methanolic and chloroformic maca extracts." *Andrologia.* 2002; 34(3): 177-79.

Cicero, A. F., et al. "*Lepidium meyenii* Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity." *J. Ethnopharmacol.* 2001; 75(2-3): 225-29.

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.

Gonzales, G. F., et al. "Red maca (*Lepidium meyenii*) reduced prostate size in rats." *Reprod. Biol. Endocrinol.* 2005; 3(1): 5.

Chung, F., et al. "Dose-response effects of *Lepidium meyenii* (Maca) aqueous extract on testicular function and weight of different organs in adult rats." *J. Ethnopharmacol.* 2005 Apr; 98(1-2): 143-7.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca), a root with aphrodisiac and fertility-enhancing properties, on serum reproductive hormone levels in adult healthy men." *J. Endocrinol.* 2003; 176(1): 163-68.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men." *Andrologia.* 2002; 34(6): 367-72.

### **Catuaba (*Erythroxylum catuaba*)**

- Vaz, Z. R., et al. "Analgesic effect of the herbal medicine Catuaba in thermal and chemical models of nociception in mice." *Phytother. Res.* 1997; 11(2): 101-6.
- 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.
- Campos, M. M., et al. "Antidepressant-like effects of *Trichilia catigua* (Catuaba) extract: evidence for dopaminergic-mediated mechanisms." *Psychopharmacology* (Berl). 2005; 182(1): 45-53.

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

- 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.
- 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.
- Matsumoto, I., "Beta-ecdysone from *Pfaffia paniculata*." Japanese patent no. 82/118,422. January 20, 1984.
- de Oliveira, F. G., et al. "Contribution to the pharmacognostic study of Brazilian ginseng *Pfaffia paniculata*." *An. Farm. Quim.* 1980; 20(1-2): 277-361.
- Pinello, K. C., et al. "Effects of *Pfaffia paniculata* (Brazilian ginseng) extract on macrophage activity." *Life Sci.* 2005 Oct 6;
- Mazzanti, G., et al. "Analgesic and anti-inflammatory action of *Pfaffia paniculata* (Martius) Kuntze." *Phytother. Res.* 1994; 8(7): 413-16.

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

- 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.
- Bernardo, R. R., et al. "Steroidal saponins from *Smilax officinalis*." *Phytochemistry.* 1996; 43(2): 465-9.
- 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.
- 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*)**

- 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.

### **Nettle (*Urtica dioica*)**

- 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.
- Lopatkin, N., et al. "Long-term efficacy and safety of a combination of sabal and urtica extract for lower urinary tract symptoms--a placebo-controlled, double-blind, multicenter trial." *World J. Urol.* 2005 Jun; 23(2): 139-46.
- Popa, G., et al. "Benign prostate syndrome: urinary tract symptoms can be eased with phytotherapy." *MMW Fortschr. Med.* 2005 Aug; 147(33-34):42.
- 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.
- Durak, I., et al. "Aqueous extract of *Urtica dioica* makes significant inhibition on adenosine deaminase activity in prostate tissue from patients with prostate cancer." *Cancer Biol. Ther.* 2004; 3(9): 855-7.
- Melo, E. A., et al. "Evaluating the efficiency of a combination of *Pygeum africanum* and stinging nettle (*Urtica dioica*) extracts in treating benign prostatic hyperplasia (BPH): double-blind, randomized, placebo controlled trial." *Int. Braz. J. Urol.* 2002 Sep-Oct; 28(5): 418-25.
- Koch, E. "Extracts from fruits of saw palmetto (*Sabal serrulata*) and roots of stinging nettle (*Urtica dioica*): viable alternatives in the medical treatment of benign prostatic hyperplasia and associated lower urinary tracts symptoms." *Planta Med.* 2001; 67: 489-500.
- Sokeland, J. "Combined sabal and urtica extract compared with finasteride in men with benign prostatic hyperplasia: analysis of prostate volume and therapeutic outcome." *B. J. U. Int.* 2000; 86(4): 439-42.

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.

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.

Koch E. and A. Biber. "Pharmacological effects of saw palmetto and urtica extracts for benign prostatic hyperplasia." *Urologe* 1994; 34(2): 90-95.

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.

### **Jatoba (*Hymenaea courbaril*)**

Abdel-Kader, M., et al. "Isolation and absolute configuration of ent-Halimane diterpenoids from *Hymenaea courbaril* from the Suriname rain forest." *J. Nat. Prod.* 2002; 65(1): 11-5.

Braga, F. C., et al. "Screening Brazilian plant species for *in vitro* inhibition of 5-lipoxygenase." *Phytomedicine.* 2000; 6(6): 447-52.

Verpoorte, R., et al. "Medicinal plants of Surinam. IV. Antimicrobial activity of some medicinal plants." *J. Ethnopharmacol.* 1987; 21(3): 315-18.

Rahalison, L., et al. "Screening for antifungal activity of Panamanian plants." *Inst. J. Pharmacog.* 1993; 31(1): 68-76.

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