



# AMAZON MENOPAUSE SUPPORT\*

120 capsules (650 mg each)

Retail price: \$29.95

A botanical formula which combines 8 plants used traditionally in South America by women during menopause.\* 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 maca, suma, cumaseba, espinheira santa, black cohosh, chuchuhuasi, sarsaparilla, muira puama, damiana, and passionflower.

**Suggested Use:** Take 2-3 capsules twice daily or as needed.

**Contraindications:**

- Not to be used during pregnancy or while breast-feeding.
- Do not use this formula in estrogen positive cancers.

**Drug Interactions:** None reported, however, it may potentiate hypotensive medications.

**Other Observations:**

- Several plants in this formula have been documented to reduce blood pressure in animal studies. Individuals with low blood pressure should be monitored for this possible effect.
- Sarsaparilla may affect the liver clearance of some medications. It has been suggested that this plant can increase the absorption of digitalis, while enhancing the elimination of hypnotics. Those individuals on these medications should be monitored more closely for these possible effects.

**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:

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

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.

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.

Bogani, P., et al. "*Lepidium meyenii* (Maca) does not exert direct androgenic activities." *J. Ethnopharmacol.* 2005 Oct 17;

**[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.

Pinello, K.C., et al. "Effects of *Pfaffia paniculata* (Brazilian ginseng) extract on macrophage activity." *Life Sci.* 2005 Oct 6;

**[Cumaseba \(\*Swartzia polyphylla\*\)](#)**

Moon, Y. J., et al. "Effects of flavonoids genistein and biochanin a on gene expression and their metabolism in human mammary cells." *Nutr. Cancer.* 2007; 57(1): 48-58.

Moon, Y. J., et al. "Pharmacokinetics and bioavailability of the isoflavone biochanin A in rats." *AAPS. J.* 2006 July; 8(3): E433-42.

Schrepfer, S., et al. "The selective estrogen receptor-beta agonist biochanin A shows vasculoprotective effects without uterotrophic activity." *Menopause.* 2006 May-Jun; 13(3): 489-99.

Linseisen J, et al. "Dietary phytoestrogen intake and premenopausal breast cancer risk in a German case-control study." *Int. J. Cancer.* 2004 Jun 10;110(2):284-90.

### **Espinheira Santa (*Maytenus ilicifolia*)**

Montanari, T., et al. "Effect of *Maytenus ilicifolia* Mart. on pregnant mice." *Contraception*. 2002 Feb; 65(2): 171–75.  
Montanari, T., et al. "Effect of *Maytenus ilicifolia* Mart. Ex. Reiss on spermatogenesis." *Contraception*. 1998; 57(5): 335–39.  
Bingel, A. S., et al. "Antifertility screening of selected plants in female rats." *Lloydia*. 1976; 39(6): 475C.

### **Black Cohosh (*Cimicifuga racemosa*)**

American Academy of Family Physicians. "Information from your family doctor. Nonhormonal options for hot flashes." *Am. Fam. Physician*. 2006 Feb; 73(3): 467.  
Carroll, D. G. "Nonhormonal therapies for hot flashes in menopause." *Am. Fam. Physician*. 2006 Feb; 73(3): 457-64.  
Uebelhack, R., et al. "Black cohosh and St. John's wort for climacteric complaints: a randomized trial." *Obstet. Gynecol.* 2006 Feb; 107(2 Pt 1): 247-55.  
Frei-Kleiner, S., et al. "*Cimicifuga racemosa* dried ethanolic extract in menopausal disorders: a double-blind placebo-controlled clinical trial." *Maturitas*. 2005 Aug; 51(4): 397-404.  
Nappi, R. E., et al. "Efficacy of *Cimicifuga racemosa* on climacteric complaints: a randomized study versus low-dose transdermal estradiol." *Gynecol. Endocrinol.* 2005; 20(1): 30-5.  
McKee, J., et al. "Integrative therapies for menopause." *South Med. J.* 2005; 98(3): 319-26.  
Pockaj BA, Loprinzi CL, Sloan JA, Novotny PJ, Barton DL, Hagenmaier A, Zhang H, Lambert GH, Reeser KA, Wisbey, J. A. "Pilot evaluation of black cohosh for the treatment of hot flashes in women." *Cancer Invest.* 2004; 22(4): 515-21.  
Lieberman, S. "A review of the effectiveness of *Cimicifuga racemosa* (black cohosh) for the symptoms of menopause." *J. Women's Health*. 1998; 7(5): 525-9.  
Dog, T. L., et al. "Critical evaluation of the safety of *Cimicifuga racemosa* in menopause symptom relief." *Menopause*. 2003; 10(4): 299-313.  
Hernandez Munoz, G., et al. "*Cimicifuga racemosa* for the treatment of hot flushes in women surviving breast cancer." *Maturitas*. 2003; 44 Suppl 1:S59-65.  
Winterhoff, H., et al. "Cimicifuga extract BNO 1055: reduction of hot flushes and hints on antidepressant activity." *Maturitas*. 2003; 44 Suppl 1:S51-8.  
Mahady, G. B., et al. "Black cohosh: an alternative therapy for menopause?" *Nutr. Clin. Care*. 2002; 5(6):283-9.

### **Chuchuhuasi (*Maytenus krukovii*)**

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.  
Bradshaw, D., et al. "Therapeutic potential of protein kinase C inhibitors." *Agents and Actions* 1993; 38: 135-47.

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

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.  
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.

### **Muirapuama (*Ptychopetalum olacoides*)**

Waynberg, J., et al. "Effects of Herbal vX on libido and sexual activity in premenopausal and postmenopausal women." *Adv. Ther.* 2000; 17(5): 255-62.  
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.  
da Silva, A. L., et al. "Anxiogenic properties of *Ptychopetalum olacoides* Benth. (Marapuama)." *Phytother. Res.*

2002; 16(3): 223-6.

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

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

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

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

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.

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.

### **Passionflower (*Passiflora incarnata*)**

Wheatley, D. "Medicinal plants for insomnia: a review of their pharmacology, efficacy and tolerability." *J. Psychopharmacol.* 2005 Jul; 19(4): 414-21.

Shinomiya, K., et al. "Hypnotic activities of chamomile and passiflora extracts in sleep-disturbed rats." *Biol. Pharm. Bull.* 2005; 28(5): 808-10.

Dhawan, K., et al. "Attenuation of benzodiazepine dependence in mice by a tri-substituted benzoflavone moiety of *Passiflora incarnata* Linneaus: a non-habit forming anxiolytic." *J. Pharm. Pharm. Sci.* 2003 May-Aug; 6(2): 215-22.

Dhawan, K., et al. "Comparative anxiolytic activity profile of various preparations of *Passiflora incarnata* Linneaus: a comment on medicinal plant's standardization." *J. Altern. Complement. Med.* 2002; 8(3): 283-91.

Dhawan, K., et al. "Suppression of alcohol-cessation-oriented hyper-anxiety by the benzoflavone moiety of *Passiflora incarnata* Linneaus in mice." *J. Ethnopharmacol.* 2002; 81(2): 239-44.

Dhawan, K., et al. "Anxiolytic activity of aerial and underground parts of *Passiflora incarnata*." *Fitoterapia.* 2001; 72(8): 922-6.

Akhondzadeh, S., et al. "Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam." *J. Clin. Pharm. Ther.* 2001; 26(5): 363-7.

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