

AMAZON MENSTRUAL SUPPORT*



120 capsules (650 mg each)

Retail price: \$29.95

A synergistic formula of 7 botanicals traditionally used in South America for women during menstruation.* 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, cumaseba, tayuya, bellaco caspi, iporuru, erva tostão, culen, chuchuhuasi, cramp bark, and ubos.

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

Contraindications: Not to be used during pregnancy or while breast-feeding.

Drug Interactions: May potentiate hypotensive, cardiac depressant and anticoagulant 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.
- Erva tostão may have a cardiac depressant activity (based on animal studies). Those with a history of heart failure or those on cardiac depressant medications should be monitored for this possible effect.
- Some women notice that this formula significantly reduces menstrual flow, which is normal.

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

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

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.

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.

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.

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

Du Bois, J. L., et al. "Dihydrolicoisoflavone, a new isoflavanone from *Swartzia polyphylla*." *J. Nat. Prod.* 1995; 58(4): 629-632.

Du Bois, J. L., et al. "Fereirinol, a new 3-hydroxyisoflavanone from *Swartzia polyphylla*." *J. Nat. Prod.* 1996; 59(9): 902-903.

Rojas, R., et al. "Larvicidal, antimycobacterial and antifungal compounds from the bark of the Peruvian plant *Swartzia polyphylla* DC." *Chem. Pharm. Bull.* 2006; 54(2): 278-279.

[Tayuya \(Cayaponia tayuya\)](#)

Escandell, J. M., et al. "Dihydrocucurbitacin B, isolated from *Cayaponia tayuya*, reduces damage in adjuvant-induced arthritis." *Eur. J. Pharmacol.* 2006 Jan 26 ;

Recio, M. C., et al. "Anti-inflammatory activity of two cucurbitacins isolated from *Cayaponia tayuya* roots." *Planta Med.* 2004; 70(5): 414-20.

Himeno, E., et al. "Structures of cayaponosides A, B, C and D, glucosides of new nor-cucurbitacins in the roots of *Cayaponia tayuya*." *Chem. Pharm. Bull.* (Tokyo) 1992; 40(10): 2885-87.

Ruppelt, B. M., et al. "Pharmacological screening of plants recommended by folk medicine as anti-snake venom—I. Analgesic and anti-inflammatory activities." *Mem. Inst. Oswaldo Cruz* 1991; 86 (Suppl. 2): 203–5.
Rios, J. L., et al. "A study of the anti-inflammatory activity of *Cayaponia tayuya* root." *Fitoterapia* 1990; 61(3): 275–78.

Bellaco Caspi (*Himatanthus sukuuba*)

Rattmann, Y. et al. "Effects of alkaloids of *Himatanthus lancifolius* (Muell. Arg.) Woodson, Apocynaceae, on smooth muscle responsiveness." *J. Ethnopharmacol.* 2005 Sep; 100(3): 268-75.
Villegas, L., et al. "Evaluation of the wound-healing activity of selected traditional medicinal plants from Peru." *J. Ethnopharmacol.* 1997; 55: 193-200.
De Miranda, A. L., et al. "Anti-inflammatory and analgesic activities of the latex containing triterpenes from *Himatanthus sukuuba*." *Planta Med.* 2000; 66(3): 284-286.

Iporuru (*Alchornea castaneifolia*)

Manga, H. M., et al. "*In vivo* anti-inflammatory activity of *Alchornea cordifolia* (Schumach. & Thonn.) Mull. Arg. (Euphorbiaceae)." *J. Ethnopharmacol.* 2004 Jun; 92(2-3): 209-14.
Osadebe, P. O., et al. "Anti-inflammatory effects of crude methanolic extract and fractions of *Alchornea cordifolia* leaves." *J. Ethnopharmacol.* 2003 Nov; 89(1):19-24.
Tona, L., et al. "Antiamoebic and spasmolytic activities of extracts from some antidiarrhoeal traditional preparations used in Kinshasa, Congo." *Phytomedicine.* 2000 Mar; 7(1): 31-8.
Ogungbamila, F. O., et al. "Smooth muscle-relaxing flavonoids from *Alchornea cordifolia*." *Acta Pharm. Nord.* 1990; 2(6): 421–22.
Persinos-Perdue, G., et al. "Evaluation of Peruvian folk medicine by the natural products research laboratories." Abstra. Joint Meeting American Society of Pharmacognosy and Society for Economic Botany, Boston, 1981; (5)
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Erva Tostão (*Boerhaavia diffusa*)

Barthwal, M., et al. "Management of IUD-associated menorrhagia in female rhesus monkeys (*Macaca mulatta*)." *Adv. Contracept.* 1991; 7(1): 67–76.
Barthwal, M., et al. "Histologic studies on endometrium of menstruating monkeys wearing IUDs: comparative evaluation of drugs." *Adv. Contracept.* 1990; 6(2): 113–24.
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.
Hiruma-Lima, C. A., et al. "The juice of fresh leaves of *Boerhaavia diffusa* L. (Nyctaginaceae) markedly reduces pain in mice." *J. Ethnopharmacol.* 2000; 71(1–2): 267–74.
Akah, P., et al. "Nigerian plants with anti-convulsant property." *Fitoterapia* 1993; 64(1): 42–44.
Adesina, S. "Anticonvulsant properties of the roots of *Boerhaavia diffusa*." *Q. J. Crude Drug Res.* 1979; 17: 84–86.
Dhar, M., et al. "Screening of Indian plants for biological activity: Part I." *Indian J. Exp. Biol.* 1968; 6: 232–47.

Culen (*Psoralea glandulosa*)

Backhouse, C., et al. "Active constituents isolated from *Psoralea glandulosa* L. with antiinflammatory and antipyretic activities." *J. Ethnopharmacol.* 2001; 78(1): 27-31.
Ferrandiz, M., et al. "Effect of bakuchiol on leukocyte functions and some inflammatory responses in mice." *J. Pharm. Pharmacol.* 1996; 48(9): 975-980.
Backhouse, N., et al. "Antiinflammatory and antipyretic activities of *Cuscuta chilensis*, *Cestrum parqui* and *Psoralea glandulosa*." *Int. J. Pharmacog.* 1996; 34(1): 53-57.

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.
Gonzalez, J. G., et al. "Chuchuhuasi—a drug used in folk medicine in the Amazonian and Andean areas. A chemical study of *Maytenus laevis*." *J. Ethnopharm.* 1982; 5: 73–7.

Moya, S., et al. "Phytochemical and pharmacological studies on the antiarthritics of plant origin." *Rev. Colomb. Cienc. Quim. Farm.* 1977; 3(2): 5.

Cramp Bark (*Viburnum opulus*)

Nicholson, J. A., et al. "Viopudial, a hypotensive and smooth muscle antispasmodic from *Viburnum opulus*." *Proc. Soc. Exp. Biol. Med.* 1972 Jun; 140(2): 457-61.

Smirnova, A. S., et al. "[Comparative study of the astringent effect of liquid extracts from *Viburnum opulus* L]." *Farmatsiia.* 1968 Jul-Aug; 17(4): 42-5.

Ubos (*Spondias mombin*)

Akubue, P., et al. "Preliminary pharmacological study of some Nigerian medicinal plants." *J. Ethnopharmacol.* 1983; 8(1): 53-63.

Uchendu, C., et al. "Spasmogenic activity of butanolic leaf extract of *Spondias mombin* in isolated uterine muscle of the rat: role of calcium. *J. Nat. Remedies* 2005; 5(1): 7-14.

Ayoka, A., et al. "Studies on the anxiolytic effect of *Spondias mombin* L. (Anacardiaceae) extracts." *J. Trad. CAM.* 2005; 2(2): 153-165.

Ayoka, A., et al. "Sedative, antiepileptic and antipsychotic effects of *Spondias mombin* L. (Anacardiaceae) in mice and rats." *J. Ethnopharmacol.* 2006 Jan; 103(2): 166-75.

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