



MUIRA PUAMA POWDER

1 pound (16 oz)

Retail Price: \$20.00

A rainforest botanical traditionally used in South America for its ability to increase sexual desire, libido and performance.* Raintree's muira puama has been wild harvested in Brazil and is rich in the active phytochemicals that occur naturally in this rainforest plant. The active constituents in muira puama are a group of terpenes, phenols and a resin which are not soluble in water (or the stomach acid). Taking the ground powder in capsules or tea will provide little or any benefit. This plant is best prepared as an alcohol tincture. For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online [Tropical Plant Database](#).

Traditional Uses:* for erectile dysfunction and impotency; as a male aphrodisiac and libido promoter; as a tonic (tones, balances, strengthens) for males; for hair loss and balding; central nervous system tonic (tones, balances, strengthens) and antidepressant

Ingredients: Pure 100% muira puama bark and root (*Ptychopetalum olacoides*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated. It is a wild harvested product—grown naturally in the Brazilian Amazon without any pesticides or fertilizers.

Suggested Use: The active chemicals in this plant are not very water soluble. It is best prepared as an alcohol tincture. Combine 1 part bark powder with 4 parts 90 proof alcohol (everclear or vodka). Allow to macerate for 2 weeks while agitating solution daily. Strain into a clean bottle and seal. It is traditionally taken in dosages of 2-3 ml (60 to 90 drops) 2-3 times daily.

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

Drug Interactions: None reported.

Other Observations: None reported.

Clinical Documentation and Research:* This Raintree product has not been the subject of any clinical research. Available third-party documentation and clinical research on muira puama can be found at the Raintree website and on [PubMed](#). A partial listing of published research on muira puama is shown below:

Actions on Erectile Function and Libido:

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.

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.

Gaebler, H. "Revival of the drug Muira puama." *Deut. Apoth.* 1979; 22(3): 94-6.

Anti-fatigue, Tonic, & Adaptogenic Actions:

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.

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.

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

Hanawa, M., et al. "Composition containing an extract from muira puama root and plant worm extract." Taisho Pharmaceutical Co., Ltd., Tokyo, United States Patent No. 6024984, 2000.
Siqueira, I. R., et al. "Psychopharmacological properties of *Ptychopetalum olacoides* Benth (Olacaceae)." *Pharmaceutical Biol.* 1998; 36(5): 327–34.

Anti-Anxiety & Nervine Actions:

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 olacoides* Benth (Olacaceae)." *Pharmaceutical Biol.* 1998; 36(5): 327–34.

Memory Enhancement & Neuroprotective Actions:

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.
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* Benth (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* Benth (Olacaceae)." *Pharmaceutical Biol.* 1998; 36(5): 327–34.
Forgacs, P., et al. "Phytochemical and biological activity studies on 18 plants from French Guyana." *Plant Med. Phytother.* 1983; 17(1): 22–32.
Dias Da Silva, Rodolpho. "Medicinal plants of Brazil. Botanical and pharmacognostic studies. Muira puama." *Rev. Bras. Med. Pharm.* 1925; 1(1): 37–41.

Hypotensive Actions:

Raymond-Hamet, A. "Physiological action of the extract of muira puama." *Comp. Rend. Soc. Biol.* 1932; 109: 1064-7.
Olofsson, Eric. "Action of extract of *Liriosma ovata* on the blood pressure, vessels and respiration of the rabbit." *Compt. Rend. Soc. Biol.* 1927; 97: 1639-40.

Anti-cholesterol Actions:

Jayasuriya, H., et al. "Diterpenoid, steroid, and triterpenoid agonists of liver X receptors from diversified terrestrial plants and marine sources." *J. Nat. Prod.* 2005; 68(8): 1247-52.
Cherksey, B. D. "Method of preparing Muira puama extract and its use for decreasing body fat percentage and increasing lean muscle mass." United States Patent No. 5516516, 1996.

This product is sold through health practitioners, retail stores, and [Raintree Nutrition](#). Please contact a health professional concerning other observations and/or effects of this product and/or if you have any disease, condition, or illness for which you are seeking treatment or products for.

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* The statements contained herein have not been evaluated by the Food and Drug Administration.
This product is not intended to treat, cure, or prevent any disease.