

PEDRA HUME CAÁ POWDER



1 Pound (16 oz)

Retail Price: \$28.00

Description: Raintree's pedra hume caá leaf powder (*Myrcia salicifolia*) has been milled into a fine powder which is suitable to stuff into capsules or to prepare your own teas, tinctures or extracts. It has been sustainably wild-harvested in the Brazilian Amazon and it is rich in active and beneficial phytochemicals that occur naturally in this plant. Phytochemical analysis of pedra hume caá reveals a high content of flavonoids, flavonols, and flavanones. In 1998, Japanese researchers reported the discovery of several novel and biologically active phytochemicals. These new flavanone glucosides were named myrciacitrins I and II; the new acetophenone glucosides were named myrciaphenones A and B.* For more complete information on this rainforest plant, please see the Raintree Nutrition internet website and online [Tropical Plant Database](#).

Traditional Uses:* for diabetes; as a preventative to diabetic neuropathy and macular degeneration; for hypertension and as a heart tonic (tones, balances, strengthens the heart); for enteritis, diarrhea and dysentery; as an astringent to stop bleeding and hemorrhages

Ingredients: 100% pure pedra hume caá leaves (*Myrcia salicifolia*). 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: This plant is best prepared as an infusion (tea). Use one teaspoon of powder for each cup of water. Pour boiling water over herb in cup and allow to steep 10 minutes. Strain tea (or allow settled powder to remain in the bottom of cup) and drink warm. It is traditionally taken in 1 cup amounts, 2-3 times daily.

Contraindications:

- Pedra hume caá has been documented to lower blood sugar levels in animal and human studies. It is contraindicated in those with hypoglycemia. Diabetics who wish to use this plant should monitor their blood sugar levels carefully as medications may need adjustments.

Drug Interactions: Will potentiate antidiabetic medications and insulin drugs. May potentiate antihypertensive medications.

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

Antidiabetic & Hypoglycemic Actions:

Zucchi, O. L., et al. "Characterization of hypoglycemic plants by total reflection X-ray fluorescence spectrometry." *Biol. Trace Elem. Res.* 2005; 103(3): 277-90.

Matsuda, H., et al. "Structural requirements of flavonoids and related compounds for aldose reductase inhibitory activity." *Chem. Pharm. Bull.* (Tokyo). 2002; 50(6): 788-95.

Matsuda, H. "Antidiabetic principles of natural medicines. V. Aldose reductase inhibitors from *Myrcia multiflora* DC. (2): Structures of myrciacitrins III, IV, and V." *Chem. Pharm. Bull.* 2002; 50(3): 429-31.

Yoshikawa, M., et al. "Antidiabetic principles of natural medicines. II. Aldose reductase and alpha-glucosidase inhibitors from Brazilian natural medicine, the leaves of *Myrcia multiflora* DC (myrtaceae): structures of myrciacitrins I and II and myrciaphenones A and B." *Chem. Pharm. Bull.* 1998; 46(1): 113-19.

Pepato, M. T., et al. "Assessment of the antidiabetic activity of *Myrcia uniflora* extracts in streptozotocin diabetic rats." *Diabetes Res.* 1993; 22(2): 49-57.

Russo, E. M., et al. "Clinical trial of *Myrcia uniflora* and *Bauhinia forficata* leaf extracts in normal and diabetic patients." *Braz. J. Med. Biol. Res.* 1990; 23(1): 11-20.

Schmeda-Hirschmann, G., et al. "Preliminary pharmacological studies on *Eugenia uniflora* leaves: xanthine oxidase inhibitory activity." *J. Ethnopharmacol.* 1987; 21(2): 183-86.

Chaudhry, P. S., et al. "Inhibition of human lens aldose reductase by flavonoids, sulindac and indomethacin." *Biochem. Pharmacol.* 1983; 32(13): 1995–98.

Grune, U., et al. "Sobre o principio antidiabetico da pedra-hume-caá, *Myrcia multiflora* (Lam)." Thesis 1979; Federal University of Rio de Janeiro.

Brune, U., et al. "*Myrcia spaerocarpa*, D.C., planta diabetica." *V Simposio de Plantas Mediciniais do Brasil*, Sao Paulo-SP, Brazil, 1978; 74 (September 4–6).

Mendes dos Reis Arruda, L., et al. "Efeito hipoglicemiante induzido pelo extracto das raizes de *Myrcia citrifolia* (pedra-hume-cao), estudo farmacologico preliminar." *V Simposio de Plantas Mediciniais do Brasil*, Sao Paulo-SP, Brazil, 1978; 74 (September 4–6).

Varma, S. D., et al. "Flavonoids as inhibitors of lens aldose reductase." *Science* 1975; 188(4194): 1215–16.

Coutinho, A. B. *Tese de Catedra*. Faculdade de Medicina de Recife. Recife, Brazil, 1938.

Martins de Toledo, O. *Tese de Doutorado*. Faculdade de Medicina de Sao Paulo. Sao Paulo, Brazil, 1929.

Anti-Thyroid Actions:

Ferreira, A. C., et al. "Inhibition of thyroid peroxidase by *Myrcia uniflora* flavonoids." *Chem. Res. Toxicol.* 2006 Mar; 19(3): 351-5.

This product is distributed through health food stores, health practitioners, and by [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.