

PICÃO PRETO POWDER



1 pound (16 oz)

Retail price: \$28.00

Description: Raintree's sustainably harvested pure picão preto whole herb powder is rich in the active and beneficial phytochemicals that occur naturally in this plant. Picão preto contains many active plant chemicals including flavonoids, terpenes, phenylpropanoids, lipids, and benzenoids. Raintree's picão preto has been sustainably wild harvested in the Brazilian Amazon and has been milled into a fine powder which is suitable to stuff into capsules or to prepare your own teas, tinctures or extracts. For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online [Tropical Plant Database](#).

Traditional Uses:* as a broad-spectrum antimicrobial for various internal and external infections (caused by virus, bacteria, yeast, fungi); to tone, balance, strengthen, protect, and detoxify the liver; for arthritis, rheumatism, and other inflammatory conditions; for diabetes; for stomach ulcers and digestive disorders

Ingredients: Pure 100% picão preto (*Bidens pilosa*) whole herb (root, stem, leaf, flowers). This plant has been sustainably wild harvested in the Brazilian Amazon (without any fertilizers or pesticides) and is non-irradiated and non-fumigated.

Suggested Use: This plant is best prepared as a decoction. Use one teaspoon of powder for each cup of water. Bring to a boil and gently boil in a covered pot for 20 minutes. Allow to cool and settle for 10 minutes and strain warm liquid into a cup (leaving the settled powder in the bottom of the pan). It is traditionally taken in 1 cup dosages twice daily.

Contraindications:

- Not to be used during pregnancy or while breast-feeding.
- This plant contains several coumarin derivatives. Those on coumadin blood thinning medications should use with caution and monitor these possible effects.
- Picão preto contains a small amount of naturally-occurring caffeine; it should not be used by those who are allergic or sensitive to caffeine.
- The plant has been documented to lower blood sugar levels in several animal studies. It is probably contraindicated in persons with hypoglycemia and people with diabetes should monitor their blood sugar levels accordingly.
- Picão preto has been documented with hypotensive activity in several animal studies. It is probably contraindicated for persons with low blood pressure.

Drug Interactions: None reported, however, this plant might increase or enhance the effect of high blood pressure, blood thinning, and antidiabetic drugs.

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

Anticancerous & Antileukemic Actions:

Sundararajan, P., et al. "Studies of anticancer and antipyretic activity of *Bidens pilosa* whole plant." *Afr. Health Sci.* 2006 Mar; 6(1): 27-30.

Wu, L. W., et al. "Polyacetylenes function as anti-angiogenic agents." *Pharm. Res.* 2004; 21(11): 2112-9.

Chang, J. S., et al. "Antileukemic activity of *Bidens pilosa* L. var. minor (Blume) Sherff and *Houttuynia cordata* Thunb." *Am. J. Chin. Med.* 2001; 29(2): 303-12.

Wang, J., et al. "Inhibition of 5 compounds from *Bidens bipinnata* on leukemia cells *in vitro*." *Zhong Yao Cai.* 1997; 20(5): 247-9.

Gupta, M. P., et al. "Screening of Panamanian medicinal plants for brine shrimp toxicity, crown gall tumor inhibition, cytotoxicity and DNA intercalation." *Int. J. Pharmacog.* 1996; 34(1): 19-27.

Alvarez, L., et al. "Bioactive polyacetylenes from *Bidens pilosa*." *Planta Med.* 1996; 62(4): 355-57.

Wat, C. K., et al. "Ultraviolet-mediated cytotoxic activity of phenylheptatriyne from *Bidens pilosa* L." *J. Nat. Prod.* 1979; 42(1): 103–11.

Antimicrobial Actions:

Rojas, J. J., et al. "Screening for antimicrobial activity of ten medicinal plants used in Colombian folkloric medicine: a possible alternative in the treatment of non-nosocomial infections." *BMC Complement. Altern. Med.* 2006 Feb; 6(1): 2.

Khan, M. R., et al. "Anti-microbial activity of *Bidens pilosa*, *Bischofia javanica*, *Elmerillia papuana* and *Sigesbekia orientalis*." *Fitoterapia.* 2001; 72(6): 662–65.

Chariandy, C. M., et al. "Screening of medicinal plants from Trinidad and Tobago for antimicrobial and insecticidal properties." *J. Ethnopharmacol.* 1999; 64(3): 265–70.

Rabe, T. "Antibacterial activity of South African plants used for medicinal purposes." *J. Ethnopharmacol.* 1997; 56(1): 81–7.

van Puyvelde, L., et al. "In vitro inhibition of mycobacteria by Rwandese medicinal plants." *Phytother. Res.* 1994; 8(2): 65–9.

Desta, B. "Ethiopian traditional herbal drugs. Part II: Antimicrobial activity of 63 medicinal plants." *J. Ethnopharmacol.* 1993; 39(2): 129–39.

Sarg, T. M., et al. "Constituents and biological activity of *Bidens pilosa* L grown in Egypt." *Acta. Pharm. Hung.* 1991; 61(6): 317–23.

Geissberger, P., et al. "Constituents of *Bidens pilosa* L.: do the components found so far explain the use of this plant in traditional medicine?" *Acta Trop.* 1991; 48(4): 251–61.

Hudson, J. B., et al. "Investigation of the antiviral action of the photoactive compound phenylheptatriyne." *Photochem. Photobiol.* 1986; 43(1): 27–33.

Boily, Y., et al. "Screening of medicinal plants of Rwanda (central Africa) for antimicrobial activity." *J. Ethnopharmacol.* 1986; 16(1): 1–13.

Bondarenko, A. S., et al. "The antimicrobial properties of the polyacetylene antibiotic phenylheptatriyne." *Mikrobiol. Zh.* 1985; 47(2): 81–3.

Hudson, J. B., et al. "Nature of the interaction between the photoactive compound phenylheptatriyne and animal viruses." *Photochem. Photobiol.* 1982; 36(2): 181–85.

Arnason, T., et al. "Photosensitization of *Escherichia coli* and *Saccharomyces cerevisiae* by phenylheptatriyne from *Bidens pilosa*." *Can. J. Microbiol.* 1980; 26(6): 698–705.

Antidiabetic & Hypoglycemic Actions:

Lans, C. A. "Ethnomedicines used in Trinidad and Tobago for urinary problems and diabetes mellitus." *J. Ethnobiol. Ethnomedicine.* 2006 Oct; 2: 45.

Chang, C. L., et al. "The distinct effects of a butanol fraction of *Bidens pilosa* plant extract on the development of Th1-mediated diabetes and Th2-mediated air way inflammation in mice." *J. Biomed. Sci.* 2005; 12(1): 79–89.

Alarcon-Aguilar, F. J., et al. "Investigation on the hypoglycaemic effects of extracts of four Mexican medicinal plants in normal and alloxan-diabetic mice." *Phytother. Res.* 2002; 16(4): 383–86.

Ubillas, R. P. "Antihyperglycemic acetylenic glucosides from *Bidens pilosa*." *Planta Med.* 2000; 66(1): 82–3.

Alarcon-Aguilar, F. J., et al. "Study of the anti-hyperglycemic effect of plants used as antidiabetics." *J. Ethnopharmacol.* 1998; 61(2): 101–10.

Perez, R. M., et al. "A study of the hypoglycemic effect of some Mexican plants." *J. Ethnopharmacol.* 1984; 12(3): 253–62.

Hypotensive Actions:

Dimo, T., et al. "Leaf methanol extract of *Bidens pilosa* prevents and attenuates the hypertension induced by high-fructose diet in Wistar rats." *J. Ethnopharmacol.* 2002; 83(3): 183–91.

Dimo, T., et al. "Effects of the aqueous and methylene chloride extracts of *Bidens pilosa* leaf on fructose-hypertensive rats." *J. Ethnopharmacol.* 2001; 76(3): 215–21.

Dimo, T., et al. "Hypotensive effects of a methanol extract from *Bidens pilosa* Linn. on hypertensive rats." *C. R. Acad. Sci. Paris* 1999; 322(4): 323–29.

Dimo, T., et al. "Effects of leaf aqueous extract of *Bidens pilosa* (Asteraceae) on KCL- and norepinephrine-induced contractions of rat aorta." *J. Ethnopharmacol.* 1998; 60(2): 179–82.

Anti-ulcer & Anti-diarrhea Actions:

- Lans, C. "Comparison of plants used for skin and stomach problems in Trinidad and Tobago with Asian ethnomedicine." *J. Ethnobiol. Ethnomedicine*. 2007 Jan; 3(1): 3.
- Atta, A. H., et al. "Evaluation of some medicinal plant extracts for antidiarrhoeal activity." *Phytother. Res.* 2005 Jun; 19(6): 481-5.
- Tan, P. V., et al. "Effects of methanol, cyclohexane and methylene chloride extracts of *Bidens pilosa* on various gastric ulcer models in rats." *J. Ethnopharmacol.* 2000; 73(3): 415–21.
- Alvarez, A., et al. "Gastric antisecretory and antiulcer activities of an ethanolic extract of *Bidens pilosa* L. var. *radiata* Schult. Bip." *J. Ethnopharmacol.* 1999; 67(3): 333–40.
- Avalos, A. A., et al. "Influence of extracts from leaves and stem of *Bidens pilosa* on experimental ulcerogenesis in rats." *Rev. Cubana Farm.* 1984; 18(2): 143–50.

Anti-inflammatory, Muscle Relaxant, & Pain-Relieving Actions:

- Yoshida, N., et al. "*Bidens pilosa* suppresses interleukin-1beta-induced cyclooxygenase-2 expression through the inhibition of mitogen activated protein kinases phosphorylation in normal human dermal fibroblasts." *J. Dermatol.* 2006; 33(10): 676-83.
- Chiang, Y. M., et al. "Ethyl caffeate suppresses NF-kappaB activation and its downstream inflammatory mediators, iNOS, COX-2, and PGE2 *in vitro* or in mouse skin." *Br. J. Pharmacol.* 2005 Oct; 146(3): 352-63.
- Nguelefack, T. B., et al. "Relaxant effects of the neutral extract of the leaves of *Bidens pilosa* Linn on isolated rat vascular smooth muscle." *Phytother. Res.* 2005; 19(3): 207-10.
- Chang, C. L., et al. "The distinct effects of a butanol fraction of *Bidens pilosa* plant extract on the development of Th1-mediated diabetes and Th2-mediated air way inflammation in mice." *J. Biomed. Sci.* 2005; 12(1): 79-89.
- Pereira, R. L., et al. "Immunosuppressive and anti-inflammatory effects of methanolic extract and the polyacetylene isolated from *Bidens pilosa* L." *Immunopharmacology*. 1999; 43(1): 31–7.
- Jager, A. K., et al. "Screening of Zulu medicinal plants for prostaglandin-synthesis inhibitors" *J. Ethnopharmacol.* 1996; 52(2): 95–100.
- Chih, H. W., et al. "Anti-inflammatory activity of Taiwan folk medicine 'ham-hong-chho' in rats." *Am. J. Chin. Med.* 1995; 23(3–4): 273–78.

Immunomodulator, Antioxidant & Cellular Protective Actions:

- Chiang, Y. M., et al. "Cytopylyne, a novel polyacetylenic glucoside from *Bidens pilosa*, functions as a T helper cell modulator." *J. Ethnopharmacol.* 2006 Oct 19;
- Yang, H. L., et al. "Protection from oxidative damage using *Bidens pilosa* extracts in normal human erythrocytes." *Food Chem. Toxicol.* 2006 Sep; 44(9): 1513-21.
- Abajo, C., et al. "*In vitro* study of the antioxidant and immunomodulatory activity of aqueous infusion of *Bidens pilosa*." *J. Ethnopharmacol.* 2004 Aug; 93(2-3): 319-23.
- Chang, S. L., et al. "Polyacetylenic compounds and butanol fraction from *Bidens pilosa* can modulate the differentiation of helper T cells and prevent autoimmune diabetes in non-obese diabetic mice." *Planta Med.* 2004; 70(11):1045-51.
- Chiang, Y. M., et al. "Metabolite profiling and chemopreventive bioactivity of plant extracts from *Bidens pilosa*." *J. Ethnopharmacol.* 2004 Dec; 95(2-3): 409-19.
- Usami, E., et al. "Assessment of antioxidant activity of natural compound by water- and lipid-soluble antioxidant factor" *Yakugaku Zasshi.* 2004; 124(11): 847-50.
- Chin, H. W., et al. "The hepatoprotective effects of Taiwan folk medicine 'ham-hong-chho' in rats." *Am. J. Chin. Med.* 1996; 24(3–4): 231–40.

Anti-allergy & Antihistamine Actions:

- Wang, N. L., et al. "Two neolignan glucosides and antihistamine release activities from *Bidens parviflora* WILLD." *Chem. Pharm. Bull.* 2006 Aug; 54(8): 1190-2.

Fever-Reducing Actions:

- Sundararajan, P., et al. "Studies of anticancer and antipyretic activity of *Bidens pilosa* whole plant." *Afr. Health Sci.* 2006 Mar; 6(1): 27-30.

Antimalarial Actions:

Oliveira, F.Q., et al. "New evidences of antimalarial activity of *Bidens pilosa* roots extract correlated with polyacetylene and flavonoids." *J. Ethnopharmacol.* 2004 Jul; 93(1): 39-42.

Andrade-Neto, V. F., et al. "Antimalarial activity of *Bidens pilosa* L. (Asteraceae) ethanol extracts from wild plants collected in various localities or plants cultivated in humus soil." *Phytother. Res.* 2004; 18(8): 634-9.

Krettli, A. U., et al. "The search for new antimalarial drugs from plants used to treat fever and malaria or plants randomly selected; a review." *Mem. Inst. Oswaldo Cruz* 2001; 96(8): 1033-42.

Krettli, A. U., et al. "New antimalarial drugs: A search based on plants used in popular medicine to treat fever and malaria." *Folha. Med.* 2001; 120(2): 119-26.

Brandao, M. G. L., et al. "Antimalarial activity of extracts and fractions from *Bidens pilosa* and other *Bidens* species (Asteraceae) correlated with the presence of acetylene and flavonoid compound." *Eur. J. Pharmacol.* 1997; 57(2): 131-38.

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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