



# AMAZON PROSTATE SUPPORT\*

**120 capsules (650 mg each)**

**Retail price: \$29.95**

A synergistic formula of 9 rainforest botanicals to nutritionally support prostate function.\* 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 nettle, jatoba, mutamba, graviola, Brazilian peppertree, vassourinha, cipó cabeludo, pau d'arco, and anamu.

**Suggested Use:** Take 2-3 capsules 2-3 times daily.

**Contraindications:** None known.

**Drug Interactions:** None known.

## Other Observations:

- Several plants in this formula have demonstrated antimicrobial activity in laboratory tests. Long term use may lead to die-off of friendly bacteria in the digestive tract. Supplementation with probiotics and digestive enzymes is advisable when this formula is used for longer than 30 days.
- Cipó cabeludo contains the plant chemical coumarin which has anticoagulant activity. Those on anticoagulant medications, or those with blood disorders such as hemophilia, should be monitored closely for this blood-thinning effect.
- 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.

**Clinical Documentation and Research:**\* This formulated 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:

## [Nettle Root \(\*Urtica dioica\*\)](#)

Popa, G., et al. "Efficacy of a combined Sabal-urtica preparation in the symptomatic treatment of benign prostatic hyperplasia. Results of a placebo-controlled double-blind study." *MMW Fortschr. Med.* 2005 Oct; 147 Suppl 3:103-8.

Lopatkin, N., et al. "Long-term efficacy and safety of a combination of sabal and urtica extract for lower urinary tract symptoms—a placebo-controlled, double-blind, multicenter trial." *World J. Urol.* 2005 Jun; 23(2): 139-46.

Walther, C., et al. "Benign prostatic syndrome. Urinary urgency and micturition frequency reduced with plant preparation." *MMW Fortschr Med.* 2005 Oct; 147(40):52-3.

Popa, G., et al. "Benign prostate syndrome: urinary tract symptoms can be eased with phytotherapy." *MMW Fortschr. Med.* 2005 Aug; 147(33-34):42.

Schneider, T., et al. "Stinging nettle root extract (Bazoton-uno) in long term treatment of benign prostatic syndrome (BPS). Results of a randomized, double-blind, placebo controlled multicenter study after 12 months" *Urologe A.* 2004 Mar;43(3):302-6.

Durak I, et al. "Aqueous extract of *Urtica dioica* makes significant inhibition on adenosine deaminase activity in prostate tissue from patients with prostate cancer." *Cancer Biol. Ther.* 2004; 3(9): 855-7.

Carson, C., et al. "The role of dihydrotestosterone in benign prostatic hyperplasia." *Urology.* 2003; 61(4 Suppl 1): 2-7.

Melo, E. A., et al. "Evaluating the efficiency of a combination of *Pygeum africanum* and stinging nettle (*Urtica dioica*) extracts in treating benign prostatic hyperplasia (BPH): double-blind, randomized, placebo controlled trial." *Int. Braz. J. Urol.* 2002 Sep-Oct; 28(5): 418-25.

Koch, E. "Extracts from fruits of saw palmetto (*Sabal serrulata*) and roots of stinging nettle (*Urtica dioica*): viable alternatives in the medical treatment of benign prostatic hyperplasia and associated lower urinary tracts symptoms." *Planta Med.* 2001; 67: 489-500.

Sokeland, J. "Combined sabal and urtica extract compared with finasteride in men with benign prostatic hyperplasia: analysis of prostate volume and therapeutic outcome." *B. J. U. Int.* 2000; 86(4): 439-42.

Schottner, M., et al. "Lignans from the roots of *Urtica dioica* and their metabolites bind to human sex hormone binding globulin (SHBG)." *Planta Med.* 1997; 63(6): 529-32.

Lichius, J. J., et al. "The inhibiting effects of *Urtica dioica* root extracts on experimentally induced prostatic hyperplasia in the mouse." *Planta Med.* 1997; 63(4): 307-10.

Hryb, D. J., et al. "The effect of extracts of the roots of the stinging nettle (*Urtica dioica*) on the interaction of SHBG with its receptor on human prostatic membranes." *Planta Med.* 1995; 61(1): 31-2.

Koch E. and A. Biber. "Pharmacological effects of saw palmetto and urtica extracts for benign prostatic hyperplasia." *Urologe* 1994; 34(2): 90-95.

Krzeski, T., et al. "Combined extracts of *Urtica dioica* and *Pygeum africanum* in the treatment of benign prostatic hyperplasia: double-blind comparison of two doses." *Clin. Ther.* 1993; 15(6): 1011-20.

### **Jatoba (*Hymenaea courbaril*)**

Abdel-Kader, M., et al. "Isolation and absolute configuration of ent-Halimane diterpenoids from *Hymenaea courbaril* from the Suriname rain forest." *J. Nat. Prod.* 2002; 65(1): 11-5.

Rahalison, L., et al. "Screening for antifungal activity of Panamanian plants." *Inst. J. Pharmacog.* 1993; 31(1): 68-76.

Verpoorte, R., et al. "Medicinal plants of Surinam. IV. Antimicrobial activity of some medicinal plants." *J. Ethnopharmacol.* 1987; 21(3): 315-18.

Arrhenius, S.P., et al. "Inhibitory effects of *Hymenaea* and *Copaifera* leaf resins on the leaf fungus, *Pestalotia subcuticulari*." *Biochem. Syst. Ecol.* 1983; 11(4): 361-66.

Tincusi, B. M., et al. "Antimicrobial terpenoids from the oleoresin of the Peruvian medicinal plant *Copaifera paupera*." *Planta Med.* 2002; 68(9): 808-12.

Caceres, A., et al. "Plants used in Guatemala for the treatment of dermatomucosal infections. 1: Screening of 38 plant extracts." *J. Ethnopharmacol.* 1991; 33(3): 277-83.

Verpoorte, R., et al. "Medicinal plants of Surinam. IV. Antimicrobial activity of some medicinal plants." *J. Ethnopharmacol.* 1987; 21(3): 315-18.

### **Mutamba (*Guazuma ulmifolia*)**

Camporese, A., et al. "Screening of anti-bacterial activity of medicinal plants from Belize (Central America)." *J. Ethnopharmacol.* 2003 Jul; 87(1): 103-7.

Navarro, M. C., et al. "Antibacterial, antiprotozoal and antioxidant activity of five plants used in Izabal for infectious diseases." *Phytother. Res.* 2003; 17(4): 325-9.

Caceres, A., et al. "Anti-gonorrhoeal activity of plants used in Guatemala for the treatment of sexually transmitted diseases." *J. Ethnopharmacol.* 1995; 48(2): 85-88.

Caceres, A., et al. "Plants used in Guatemala for the treatment of gastrointestinal disorders. 3. Confirmation of activity against enterobacteria of 16 plants." *J. Ethnopharmacol.* 1993; 38(1): 31-38.

Caceres, A., et al. "Plants used in Guatemala for the treatment of respiratory diseases. 2: Evaluation of activity of 16 plants against gram-positive bacteria." *J. Ethnopharmacol.* 1993; 39(1): 77-82.

Heinrich, M., et al. "Parasitological and microbiological evaluation of Mixe Indian medicinal plants." (Mexico) *J. Ethnopharmacol.* 1992; 36(1): 81-85.

Caceres, A., et al. "Plants used in Guatemala for the treatment of gastrointestinal disorders. 1. Screening of 84 plants against enterobacteria." *J. Ethnopharmacol.* 1990; 30(1): 55-73.

Caceres, A., et al. "Screening of antimicrobial activity of plants popularly used in Guatemala for the treatment of dermatomucosal diseases." *J. Ethnopharmacol.* 1987; 20(3): 223-37.

### **Graviola (*Annona muricata*)**

Takahashi, J.A., et al. "Antibacterial activity of eight Brazilian Annonaceae plants." *Nat. Prod. Res.* 2006; 20(1): 21-6.

Betancur-Galvis, L., et al. "Antitumor and antiviral activity of Colombian medicinal plant extracts." *Mem. Inst. Oswaldo Cruz* 1999; 94(4): 531-35.

Antoun, M. D., et al. "Evaluation of the flora of Puerto Rico for *in vitro* cytotoxic and anti-HIV activities." *Pharmaceutical Biol.* 1999; 37(4): 277-280.

Sundarrao, K., et al. "Preliminary screening of antibacterial and antitumor activities of Papua New Guinean native medicinal plants." *Int. J. Pharmacog.* 1993; 31(1): 3-6.

Misas, C. A. J., et al. "Contribution to the biological evaluation of Cuban plants. IV." *Rev. Cubana Med. Trop.* 1979; 31(1): 29-35.

Yuan, S. S., et al. "Annonacin, a mono-tetrahydrofuran acetogenin, arrests cancer cells at the G1 phase and causes cytotoxicity in a Bax- and caspase-3-related pathway." *Life Sci.* 2003 May; 72(25): 2853-61.

### **Brazilian Peppertree (*Schinus molle*)**

de Lima, M. R., et al. "Anti-bacterial activity of some Brazilian medicinal plants." *J. Ethnopharmacol.* 2005 Dec 12;

Schmourlo, G., et al. "Screening of antifungal agents using ethanol precipitation and bioautography of medicinal and food plants." *J. Ethnopharmacol.* 2005 Jan; 96(3): 563-8.

de Carvalho, M. C. "Evaluation of mutagenic activity in an extract of pepper tree stem bark (*Schinus terebinthifolius* Raddi)." *Environ. Mol. Mutagen.* 2003; 42(3): 185-91.

de Melo, Jr., E. J., et al. "Medicinal plants in the healing of dry socket in rats: Microbiological and microscopic analysis." *Phytomedicine.* 2002; 9(2): 109-16.

Quiroga, E. N., et al. "Screening antifungal activities of selected medicinal plants." *J. Ethnopharmacol.* 2001; 74(1):

89–96.

Martinez, M. J., et al. "Screening of some Cuban medicinal plants for antimicrobial activity." *J. Ethnopharmacol.* 1996; 52(3): 171–74.

Cuella, M. J., et al. "Two fungal lanostane derivatives as phospholipase A2 inhibitors." *J. Nat. Prod.* 1996; 59(10): 977–79.

Gundidza, M., et al. "Antimicrobial activity of essential oil from *Schinus molle* Linn." *Central African J. Med.* 1993; 39(11): 231–34.

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El-Keltawi, N., et al. "Antimicrobial activity of some Egyptian aromatic plants." *Herba Pol.* 1980; 26(4): 245–50.

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### **Vassourinha (*Scoparia dulcis*)**

Kasperczyk, H., et al. "Betulinic acid as new activator of NF-kappaB: molecular mechanisms and implications for cancer therapy." *Oncogene.* 2005 Oct; 24(46): 6945–56.

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Garg, A. K., et al. "Chemosensitization and radiosensitization of tumors by plant polyphenols." *Antioxid. Redox. Signal.* 2005; 7(11-12): 1630–47.

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Freire, S., et al. "Analgesic and anti-inflammatory properties of *Scoparia dulcis* L. extracts and glutinol in rodents." *Phytother. Res.* 1993; 7: 408–14.

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Ratnasooriya, W. D., et al. "Antioxidant activity of water extract of *Scoparia dulcis*." *Fitoterapia.* 2005 Mar; 76(2): 220–2.

Babincova, M., et al. "Free radical scavenging activity of *Scoparia dulcis* extract." *J. Med. Food.* 2001; 4(3): 179–181.

Arisawa, M. "Cell growth inhibition of KB cells by plant extracts." *Natural Med.* 1994; 48(4): 338–47.

Nishino, H. "Antitumor-promoting activity of scopadulcic acid B, isolated from the medicinal plant *Scoparia dulcis* L." *Oncology.* 1993; 50(2): 100–3.

### **Cipó Cabeludo (*Mikania hirsutissima*)**

Ohkoshi, E., et al. "ent-Kaurenoic acids from *Mikania hirsutissima* (Compositae)." *Phytochemistry.* 2004 Apr; 65(7): 885–90.

Wilkins, M., et al. "Characterization of the bactericidal activity of the natural diterpene kaurenoic acid." *Planta Med.* 2002; 68(5): 452–54.

Davino, S. C., et al. "Antimicrobial activity of kaurenoic acid derivatives substituted on carbon-15." *Braz. J. Med. Biol. Res.* 1989; 22(9): 1127–29.

de Souza, C. P., et al. "Chemoprophylaxis of schistosomiasis: molluscicidal activity of natural products—assays with adult snails and oviposition." *An. Acad. Bras. Cienc.* 1984; 56(3): 333–38.

Suyenaga, E. S., et al. "Anti-inflammatory investigation of some species of *Mikania*." *Phytother. Res.* 2002; 16(6): 519–23.

Paiva, L. A., et al. "Anti-inflammatory effect of kaurenoic acid, a diterpene from *Copaifera langsdorffii* on acetic acid-induced colitis in rats." *Vascul. Pharmacol.* 2002 Dec; 39(6): 303–7.

### **Pau d'arco (*Tabebuia impetiginosa*)**

Lee, J. H., et al. "Down-regulation of cyclooxygenase-2 and telomerase activity by beta-lapachone in human prostate carcinoma cells." *Pharmacol. Res.* 2005; 51(6): 553–60.

Choi, Y. H., et al. "Suppression of human prostate cancer cell growth by beta-Lapachone via down-regulation of PRB phosphorylation and induction of Cdk Inhibitor p21(WAF1/CIP1)." *J. Biochem. Mol. Biol.* 2003 Mar; 36(2): 223–9.

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Machado, T. B., et al. "*In vitro* activity of Brazilian medicinal plants, naturally occurring naphthoquinones and their analogues, against methicillin-resistant *Staphylococcus aureus*." *Int. J. Antimicrob. Agents.* 2003; 21(3): 279–84.

Portillo, A., et al. "Antifungal activity of Paraguayan plants used in traditional medicine." *J. Ethnopharmacol.* 2001; 76(1): 93–8.

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Binutu, O. A., et al. "Antimicrobial potentials of some plant species of the *Bignoniaceae* family." *Afr. J. Med. Sci.* 1994; 23(3): 269–73.  
Giuraud, P., et al. "Comparison of antibacterial and antifungal activities of lapachol and b-lapachone." *Planta Med.* 1994; 60: 373–74.  
Anesini, C., et al. "Screening of plants used in Argentine folk medicine for antimicrobial activity." *J. Ethnopharmacol.* 1993; 39(2): 119–28.

### **Anamu (*Petiveria alliacea*)**

Gomes, P. B., et al. "Study of antinociceptive effect of isolated fractions from *Petiveria alliacea* L. (tipi) in mice." *Biol. Pharm. Bull.* 2005; 28(1): 42-6.  
Lopes-Martins, R. A., et al. "The anti-inflammatory and analgesic effects of a crude extract of *Petiveria alliacea* L. (Phytolaccaceae)." *Phytomedicine.* 2002; 9(3): 245-48.  
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Benevides, P. J., et al. "Antifungal polysulphides from *Petiveria alliacea* L." *Phytochemistry.* 2001; 57(5): 743-7.  
Jovicevic, L., et al. "*In vitro* antiproliferative activity of *Petiveria alliacea* L. on several tumor cell lines." *Pharmacol. Res.* 1993; 27(1): 105-06.  
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**Manufactured By:**  
**Raintree Nutrition, Inc.**  
3579 Hwy 50 East, Suite 222  
Carson City, Nevada 89701  
(800) 780-5902 (775) 841-4142  
[www.RaintreeNutrition.com](http://www.RaintreeNutrition.com)



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