



# SARSAPARILLA POWDER

1 Pound (16 oz)

Retail Price: \$28.00

**Description:** Raintree Nutrition's sarsaparilla root (*Smilax officinalis*) has been sustainably harvested in the Brazilian Amazon and is rich in the naturally occurring plant chemicals that this plant is regarded for. Sarsaparilla contains the plant steroids sarsasapogenin, smilagenin, sitosterol, stigmasterol, and pollinastanol; and the saponins sarsasaponin, smilasaponin, sarsaparilloside, and sitosterol glucoside, among others. The majority of sarsaparilla's pharmacological properties and actions have been attributed to these steroids and saponins.\* For more complete information on this rainforest plant, please see the Raintree Nutrition internet website and online [Tropical Plant Database](#).

**Traditional Uses:**\* for psoriasis, dermatitis, leprosy, and other skin disorders; as a blood purifier and general detoxification aid; as a general tonic (tones, balances, strengthens), stimulant, and hormonal regulator; for arthritis, rheumatism and autoimmune disorders which cause inflammation; for syphilis and other sexually transmitted diseases

**Ingredients:** 100% pure sarsaparilla root (*Smilax officinalis*). 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 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 amounts 2-3 times daily.

**Contraindications:** Large doses may cause gastrointestinal upset.

**Drug Interactions:** Sarsaparilla may increase the absorption of some drugs and compounds. Some report that it can increase the absorption of *Digitalis* glycosides while accelerating the elimination of hypnotic drugs.

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

## Anti-inflammatory & Anti-Arthritic Actions:

Shao, B., et al. "Steroidal saponins from *Smilax china* and their anti-inflammatory activities." *Phytochemistry*. 2006 Dec 11;

Shu, X. S., et al. "The anti-inflammation effects of *Smilax china* ethylacetate extract in rats and mice." *Zhongguo. Zhong. Yao. Za. Zhi*. 2006 Feb; 31(3): 239-43.

Shu, X. S., et al. "Anti-inflammatory and anti-nociceptive activities of *Smilax china* L. aqueous extract." *J. Ethnopharmacol*. 2006 Feb; 103(3): 327-32.

Ji, W., et al. "Effects of Rebixiao granules on blood uric acid in patients with repeatedly attacking acute gouty arthritis." *Chin. J. Integr. Med*. 2005 Mar; 11(1): 15-21.

Jiang, J., et al. "Immunomodulatory activity of the aqueous extract from rhizome of *Smilax glabra* in the later phase of adjuvant-induced arthritis in rats." *J. Ethnopharmacol*. 2003; 85(1): 53-9.

Ageel, A. M., et al. "Experimental studies on antirheumatic crude drugs used in Saudi traditional medicine." *Drugs Exp. Clin. Res*. 1989; 15(8): 369-72.

## Kidney Protecting Actions:

Humpert, F. "The effect of a sarsaparilla preparation (renotrat) in chronic nephritis, with particular reference to the uric acid content of the blood and urine." *Klin. Wochschr*. 1933; 12: 1696.

Rittmann, R., al. "A new agent in kidney therapy." *Klin. Wochschr*. 1930; 9: 401-8.

## Liver Protecting Actions:

Iddamaldeniya, S. S., et al. "A long-term investigation of the anti-hepatocarcinogenic potential of an indigenous medicine comprised of *Nigella sativa*, *Hemidesmus indicus* and *Smilax glabra*." *J. Carcinog*. 2006

May; 5: 11.

Wang, J., et al. "Astilbin prevents concanavalin A-induced liver injury by reducing TNF-alpha production and T lymphocytes adhesion." *J. Pharm. Pharmacol.* 2004; 56(4): 495-502.

Iddamaldeniya, S. S., et al. "Protection against diethylnitrosoamine-induced hepatocarcinogenesis by an indigenous medicine comprised of *Nigella sativa*, *Hemidesmus indicus* and *Smilax glabra*: a preliminary study." *J. Carcinog.* 2003 Oct; 2(1): 6.

Chen, T., et al. "A new flavanone isolated from *Rhizoma smilacis glabrae* and the structural requirements for its derivatives for preventing immunological hepatocyte damage." *Planta Med.* 1999; 65(1): 56-9.

Rafatullah, S., et al. "Hepatoprotective and safety evaluation studies on sarsaparilla." *Int. J. Pharmacognosy* 1991; 29: 296-301.

#### **Immune Stimulant & Immune Modulating Actions:**

Spelman, K., et al. "Modulation of cytokine expression by traditional medicines: a review of herbal immunomodulators." *Altern. Med. Rev.* 2006 Jun; 11(2): 128-50.

Chu, K. T., et al. "Smilaxin, a novel protein with immunostimulatory, antiproliferative, and HIV-1-reverse transcriptase inhibitory activities from fresh *Smilax glabra* rhizomes." *Biochem. Biophys. Res. Commun.* 2006 Feb; 340(1):118-24.

Jiang, J., et al. "Immunomodulatory activity of the aqueous extract from rhizome of *Smilax glabra* in the later phase of adjuvant-induced arthritis in rats." *J. Ethnopharmacol.* 2003; 85(1): 53-9.

Santos, W. R., et al. "Haemolytic activities of plant saponins and adjuvants. Effect of *Periandra mediterranea* saponin on the humoral response to the FML antigen of *Leishmania donovani*." *Vaccine* 1997; 15(9): 1024-29.

#### **Anti-Psoriasis & Anti-Leprosy Actions:**

Juhlin, L., et al. "The influence of treatment and fibrin microclot generation in psoriasis." *Br. J. Dermatol.* 1983; 108: 33-7.

Rollier, R. "Treatment of lepromatous leprosy by a combination of DDS and sarsaparilla (*Smilax ornata*)." *Int. J. Leprosy* 1959; 27: 328-40.

Thurman, F. M. "The treatment of psoriasis with sarsaparilla compound." *New England Journal of Medicine* 1942; 337: 128-33.

#### **Antioxidant Actions:**

Ma, D., et al. "Effect of sarsasapogenin and its derivatives on the stimulus coupled responses of human neutrophils." *Clin. Chim. Acta.* 2001 Dec; 314(1-2): 107-12.

#### **Antidepressant, Memory Enhancement & Anti-Alzheimer's Actions:**

Jeon, S. Y., et al. "Beta-secretase (BACE1)-inhibiting stilbenoids from *Smilax Rhizoma*." *Phytomedicine.* 2006 Nov 2;

Ban, J. Y., et al. "Catechin and epicatechin from *Smilacis chinae* rhizome protect cultured rat cortical neurons against amyloid beta protein (25-35)-induced neurotoxicity through inhibition of cytosolic calcium elevation." *Life Sci.* 2006 Nov; 79(24) :2251-9.

Ren, L. X., et al. "Antidepressant-like effects of sarsasapogenin from *Anemarrhena asphodeloides* BUNGE (Liliaceae)." *Biol. Pharm. Bull.* 2006 Nov; 29(11): 2304-6.

Ban, J. Y., et al. "Protection of amyloid beta protein (25-35)-induced neurotoxicity by methanol extract of *Smilacis chinae* rhizome in cultured rat cortical neurons." *J. Ethnopharmacol.* 2006 Jun; 106(2): 230-7.

Barraclough, P., et al. "5-beta-sapogenin and pseudosapogenin derivatives and their use in the treatment of dementia." United States Patent 7,138,427: November 21, 2006.

Hu Y, et al. "A new approach to the pharmacological regulation of memory: Sarsasapogenin improves memory by elevating the low muscarinic acetylcholine receptor density in brains of memory-deficit rat models." *Brain Res.* 2005 Oct; 1060(1-2): 26-39.

Xia, Z. et al. Steroidal sapogenins and their derivatives for treating Alzheimer's disease." United States Patent 6,812,213; November 2, 2004.

#### **Cytotoxic & Anticancerous Actions:**

Trouillas, P., et al. "Structure-function relationship for saponin effects on cell cycle arrest and apoptosis in the human 1547 osteosarcoma cells: a molecular modelling approach of natural molecules structurally close to diosgenin." *Bioorg. Med. Chem.* 2005 Feb; 13(4): 1141-9.

Thabrew, M. I., et al. "Cytotoxic effects of a decoction of *Nigella sativa*, *Hemidesmus indicus* and *Smilax glabra* on human hepatoma HepG2 cells." *Life Sci.* 2005 Aug; 77(12): 1319-30.

**Antimicrobial Actions:**

Sautour, M., et al. "Bioactive steroidal saponins from *Smilax medica*." *Planta Med.* 2006 Jun; 72(7): 667-70.

Tewtrakul, S., et al. "Anti-HIV-1 protease- and HIV-1 integrase activities of Thai medicinal plants known as Hua-Khao-Yen." *J. Ethnopharmacol.* 2006 Apr; 105(1-2): 312-5.

Sautour, M., et al. "Steroidal saponins from *Smilax medica* and their antifungal activity." *J. Nat. Prod.* 2005 Oct; 68(10):1 489-93.

Ooi, L. S., et al. "New mannose-binding lectin isolated from the rhizome of Sarsaparilla *Smilax glabra* Roxb. (Liliaceae)." *J. Agric. Food Chem.* 2004 Oct; 52(20): 6091-5.

Caceres, A., et al. "Plants used in Guatemala for the treatment of dermatophytic infections. 1. Screening for antimycocotic activity of 44 plant extracts." *J. Ethnopharmacol.* 1991; 31(3): 263-76.

Tschesche, R. "Advances in the chemistry of antibiotic substances from higher plants." H. Wagner and L. Horhammer. *Pharmacognosy and Phytochemistry.* New York: Springer Verlag, 1971. 274-76.

Fitzpatrick, F. K. "Plant substances active against mycobacterium tuberculosis." *Antibiotics and Chemotherapy* 1954; 4(5): 528-36.

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.