

# SUMA POWDER



**1 pound (16 oz.)**

**Retail price: \$28.00**

**Description:** Suma contains 19 different amino acids, a large number of electrolytes, trace minerals, iron, magnesium, zinc, vitamins A, B1, B2, E, K, pantothenic acid and a high amount of germanium. The root also contains novel phytochemicals including saponins, pfaffic acids, glycosides, and nortriterpenes. Raintree's suma 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 general tonic (tones, balances, strengthens) for balancing, energizing, rejuvenating and muscle growth; for hormonal disorders (menopause, PMS, etc.); for chronic fatigue and general tiredness; for sexual disorders (impotency, frigidity, low libido, etc.); for sickle cell anemia

**Ingredients:** Pure 100% suma root (*Pfaffia paniculata*). 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:**

- Suma has been documented to contain a significant amount of plant sterols including a significant amount of beta-ecdysterone and small amounts of stigmasterol and beta-sitosterol. Animal studies suggest that suma can raise estradiol-17beta, progesterone and testosterone levels. In addition, this plant has been traditionally used in Brazil to regulate menstrual processes, as well as for menopause, PMS, and other hormonal disorders. As such, it is advisable for women with estrogen-positive cancers to avoid the use of this plant.

**Other Practitioner Observations:**

- The root powder has been reported to cause asthmatic allergic reactions if inhaled. When handling raw suma root powder or preparing decoctions with root powder, avoid inhalation of the root powder/dust.
- Ingestion of large amounts of plant saponins in general (naturally occurring chemicals in suma) has shown to sometimes cause mild gastric disturbances including nausea and stomach cramping. Reduce dosages if these side effects are noted.

**Drug Interactions:** None reported.

**Clinical Documentation and Research:**

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

**Anticancerous & Antileukemic Actions:**

Matsuzaki, P., et al. "Antineoplastic effects of butanolic residue of *Pfaffia paniculata*." *Cancer Lett.* 2006 Jul; 238(1): 85-9.

da Silva, T. C., et al. "Inhibitory effects of *Pfaffia paniculata* (Brazilian ginseng) on preneoplastic and neoplastic lesions in a mouse hepatocarcinogenesis model." *Cancer Lett.* 2005 Aug; 226(2): 107-13.

Matsuzaki, P., et al. "Effect of *Pfaffia paniculata* (Brazilian ginseng) on the Ehrlich tumor in its ascitic form." *Life Sci.* 2003 Dec; 74(5): 573-9.

Watanabe, T., et al. "Effects of oral administration of *Pfaffia paniculata* (Brazilian ginseng) on incidence of spontaneous leukemia in AKR/J mice." *Cancer Detect. Prev.* 2000; 24(2): 173-8.

Takemoto, T., et al. "Pfaffic acids and its derivatives." Japanese patent no 84/10,548. January 20, 1984.

Takemoto, T., et al. "Antitumor pfaffosides from Brazilian carrots." Japanese patent no. 84/184,198. October 19, 1984.

Takemoto, T., et al. "Pfaffic acids and its derivatives." Japanese patent no. (SHO-WA)-118872; 1982. 16 pp.

Nishimoto, N., et al. "Pfaffosides and nortriterpenoid saponins from *Pfaffia paniculata*" *Phytochemistry.* 1984; 23(1): 139-42.

Nakai, S., et al. "Pfaffosides. Part 2. Pfaffosides, nortriterpenoid saponins from *Pfaffia paniculata*." *Phytochemistry.* 1984; 23(8): 1703-05.

Takemoto, T., et al. "Pfaffic acid, a novel nortriterpene from *Pfaffia paniculata* Kuntze." *Tetrahedron Lett.* 1983; 24(10): 1057-60.

#### **Hormonal & Aphrodisiac Actions:**

Oshima, M., et al. "*Pfaffia paniculata*-induced changes in plasma estradiol-17beta, progesterone and testosterone levels in mice." *J. Reprod. Dev.* 2003 Apr; 49(2): 175-80.

Arletti, R., et al. "Stimulating property of *Turnera diffusa* and *Pfaffia paniculata* extracts on the sexual behavior of male rats." *Psychopharmacology.* 1999; 143(1): 15-9.

Matsumoto, I., "Beta-ecdysone from *Pfaffia paniculata*." Japanese patent no. 82/118,422. January 20, 1984.

de Oliveira, F. G., et al. "Contribution to the pharmacognostic study of Brazilian ginseng *Pfaffia paniculata*." *An. Farm. Quim.* 1980; 20(1-2): 277-361.

Nishimoto, N., et al. "Three ecdysteroid glycosides from *Pfaffia*." *Phytochemistry.* 1988; 27(6): 1665-68.

#### **Adaptogenic, Immunostimulant, & Cellular-Protective:**

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.

Pinello, K.C., et al. "Effects of *Pfaffia paniculata* (Brazilian ginseng) extract on macrophage activity." *Life Sci.* 2006 Feb; 78(12): 1287-92.

Freitas, C. S., et al. "Involvement of nitric oxide in the gastroprotective effects of an aqueous extract of *Pfaffia glomerata* (Spreng) Pedersen, Amaranthaceae, in rats." *Life Sci.* 2004 Jan; 74(9): 1167-79.

Ballas, S. K., et al. "Hydration of sickle erythrocytes using a herbal extract (*Pfaffia paniculata*) *in vitro*." *Brit. J. Hematol.* 2000; 111(1): 359-362.

Araujo, J. T. "Brazilian ginseng derivatives for treatment of sickle cell symptomatology." US. patent # 5,449,516. Sept. 12, 1995.

#### **Anti-inflammatory & Pain-Relieving Actions:**

Teixeira, C. G., et al. "Involvement of the nitric oxide/soluble guanylate cyclase pathway in the anti-oedematogenic action of *Pfaffia glomerata* (Spreng) Pedersen in mice." *J. Pharm. Pharmacol.* 2006 May; 58(5): 667-75.

Neto, A. G., et al. "Analgesic and anti-inflammatory activity of a crude root extract of *Pfaffia glomerata* (Spreng) Pedersen." *J. Ethnopharmacol.* 2005 Jan; 96(1-2): 87-91.

Mazzanti, G., et al. "Analgesic and anti-inflammatory action of *Pfaffia paniculata* (Martius) Kuntze." *Phytother. Res.* 1994; 8(7): 413-16.

Mazzanti, G., et al. "Anti-inflammatory activity of *Pfaffia paniculata* (Martius) Kuntze and *Pfaffia stenophylla* (Sprengel) Stuchl." *Pharmacol. Res.* 1993; 27(1): 91-92.

#### **Memory Enhancement Actions:**

Marques, L. C., et al. "Psychopharmacological assessment of *Pfaffia glomerata* roots (extract BNT-08) in rodents." *Phytother. Res.* 2004 Jul; 18(7): 566-72.

de-Paris, F., et al. "Psychopharmacological screening of *Pfaffia glomerata* Spreng. (Amaranthaceae) in rodents." *J. Ethnopharmacol.* 2000 Nov; 73(1-2): 261-9.

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.  
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