



UBOS BARK POWDER

1 pound (16 oz)

Retail price: \$28.00

Description: Ubos is native to the lowland moist forests of the Amazon in Peru, Brazil, Venezuela, Bolivia, Colombia, the three Guianas. The tree grows quite rapidly and is sometimes planted as living fence posts as well as for shade and for its fruits and medicinal uses. 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 an anti-inflammatory for arthritis, muscle and joint injuries, etc.; as a pain-reliever for various types of internal and external pains; as an astringent and antiseptic wound healer for rashes, cuts, wounds, abrasions and other skin conditions; for rotoviral diarrhea and dysentery; for ovarian and uterine cancer

Ingredients: 100% pure ubos bark (*Spondias mombin*). 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 Peru 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 dosages 2-3 times daily. This decoction is also traditionally applied to the skin.

Contraindications: Ubos bark is traditionally used as a contraceptive. While no animal or human studies support this traditional use, women seeking to become pregnant should probably avoid use of this plant.

Drug Interactions: None reported.

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

Muscle Relaxant & Antispasmodic Actions:

Akubue, P., et al. "Preliminary pharmacological study of some Nigerian medicinal plants." *J. Ethnopharmacol.* 1983; 8(1): 53-63.

Uchendu, C., et al. "Spasmogenic activity of butanolic leaf extract of *Spondias mombin* in isolated uterine muscle of the rat: role of calcium." *J. Nat. Remedies* 2005; 5(1): 7-14.

Anti-inflammatory & COX-Inhibitory Actions:

Abad, M., et al. "Antiinflammatory activity of some medicinal plant extracts from Venezuela". *J. Ethnopharmacol.* 1996; 55: 63-68.

Calderon, A., et al. "Forest plot as a tool to demonstrate the pharmaceutical potential of plants in a tropical forest of Panama." *Econ. Bot.* 2000; 54(3): 278-294.

Antioxidant Actions:

Calderon, A., et al. "Forest plot as a tool to demonstrate the pharmaceutical potential of plants in a tropical forest of Panama." *Econ. Bot.* 2000; 54(3): 278-294.

Kramer, A., et al. "Ethnobotany and biological activity of plants utilized during pregnancy and childbirth in the Peruvian Amazon." *Emanations from the Rainforest and the Caribbean* Vol. 4 Sept. 2002, Cornell University. Pauly, G., et al. "Cosmetic containing plant extracts." U.S. Patent No. 6,406,720. June 18, 2002.

Antimicrobial Actions (bacteria, virus, fungi, candida):

Calderon, A., et al. "Forest plot as a tool to demonstrate the pharmaceutical potential of plants in a tropical forest of Panama." *Econ. Bot.* 2000; 54(3): 278-294.

Kramer, A., et al. "Ethnobotany and biological activity of plants utilized during pregnancy and childbirth in the Peruvian Amazon." *Emanations from the Rainforest and the Caribbean* Vol. 4 Sept. 2002, Cornell University.

Flood, K., et al. "Phytochemical analysis of *Cedrela odorata* and *Spondias mombin*, two dietary sources of *Callithrix*

pygmea on the Yarapa river in the Amazon basin of Peru." *Emanations from the Rainforest and the Carribean* Vol. 4 Sept. 2002, Cornell University.

Ajao, A., et al. "Antibacterial effect of aqueous and alcohol extracts of *Spondias mombin*, and *Alchornea cordifolia* - two local antimicrobial remedies." *Int. J. Crude Drug Res.* 1985; 23(2): 67-72.

Abo, K., et al. "Antimicrobial potential of *Spondias mombin*, *Croton zambesicus* and *Zygotritonia crocea*." *Phytother. Res.* 1999; 13(6): 494-497.

Corthout, J., et al. "Antivirally active substances from *Spondias mombin* L. (Anacardiaceae)." Abstr. Internat. Res. Cong. Nat. Prod. Coll Pharm. Univ. July 7-12 1985 Abstr. - 53. N. Carolina University, Chapel Hill, NC

Corthout, J., et al. "Antivirally active substances from *Spondias mombin* L." *Pharm. Weekbl.* 1987; 9(4): 222.

Goncalves, J., et al. "In vitro anti-rotavirus activity of some medicinal plants used in Brazil against diarrhea." *J. Ethnopharmacol.* 2005 Jul; 99(3): 403-7.

Corthout, J. et al. "Antiviral caffeoyl esters from *Spondias mombin*." *Phytochemistry* 1992; 31(6): 1979-1981.

Ramirez, V., et al., "Vegetales empleados en medicina tradicional Norperuana." Banco Agrario Del Peru & Nacl Univ Trujillo, Trujillo, Peru, June, 1988 Page 54.

Coates, N., et al. "SB-202742, A novel beta-lactamase inhibitor isolated from *Spondias mombin*." *J. Nat. Prod.* 1994; 57(5): 654-657.

Herforth, A., "Anti-fungal plants of the Peruvian Amazon: A survey of ethnomedical uses and biological activity." *Emanations from the Rainforest and the Carribean*. Vol. 4 Sept. 2002, Cornell University.

Cytotoxic & Anticancerous Actions:

Flood, K., et al. "Phytochemical analysis of *Cedrela odorata* and *Spondias mombin*, two dietary sources of *Callithrix pygmea* on the Yarapa river in the Amazon basin of Peru." *Emanations from the Rainforest and the Carribean* Vol. 4 Sept. 2002, Cornell University.

Herforth, A., "Anti-fungal plants of the Peruvian Amazon: A survey of ethnomedical uses and biological activity." *Emanations from the Rainforest and the Carribean* Vol. 4 Sept. 2002, Cornell University.

Quignard, E., et al. "Screening of plants found in Amazonas state for lethality towards brine shrimp." *Acta Amazonica.* 2003; 33(1): 93-104.

Idu, M., et al. "Studies on the nutritional value and anti-tumour property of the bark of *Spondias mombin* L." *J. Med. Biomed. Res.* 2002; 1(2): 223-228.

Anti-aging & Sunscreen Actions:

Pauly, G., et al. "Cosmetic containing plant extracts." U.S. Patent No. 6,406,720. June 18, 2002.

Uterine Stimulant Actions:

Barros, G., et al. "Pharmacological screening of some Brazilian plants." *J. Pharm. Pharmacol.* 1970; 22: 116.

Akubue, P., et al. "Preliminary pharmacological study of some Nigerian medicinal plants." *J. Ethnopharmacol.* 1983; 8(1): 53-63.

This product is sold through [Raintree Nutrition](#) and can be found in retail stores. 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.