



UBOS LEAF 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 a broad spectrum antiseptic and antibacterial; for viruses; for intestinal worms and parasites; as a menstrual regulator and for menstrual pain, cramps and irregularity, vaginal infections and yeast infections; as a nervine; for stress and anxiety

Ingredients: 100% pure ubos leaves (*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 an infusion (tea): Use one teaspoon of powder for each cup of water. Pour boiling water over herb in cup and allow to steep 10 minutes. Strain tea (or allow settled powder to remain in the bottom of cup) and drink warm. It is traditionally taken in 1 cup dosages, 2-3 times daily.

Contraindications:

- Ubos leaves are traditionally used as a childbirth aid to induce labor and as an abortive. Animals studies report uterine stimulant and abortive actions. Do not use if you are pregnant unless under the direct supervision of a medical practitioner.
- Ubos leaves contains salicylic acid derivatives. If allergic or sensitive to aspirin or salicylic acid, avoid use of the leaves.

Drug Interactions: None reported. However, animal studies document ubos leaves with sedative and anti-anxiety effects and as such, the leaves might enhance the effect of other sedative and anti-anxiety medications.

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:

Uterine Stimulant & Abortive Actions:

Offiah, V., et al. "Abortifacient activity of an aqueous extract of *Spondias mombin* leaves." *J. Ethnopharmacol* 1989; 26(3): 317-320.

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.

Ethnopharmacol. 1983; 8(1): 53-63.

Muscle Relaxant & Antispasmodic Actions:

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

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-anxiety, Sedative & Anticonvulsant Actions:

Ayoka, A., et al. "Studies on the anxiolytic effect of *Spondias mombin* L. (Anacardiaceae) extracts." *J. Trad. CAM.* 2005; 2(2): 153-165.

Trad. CAM. 2005; 2(2): 153-165.

Ayoka, A., et al. "Sedative, antiepileptic and antipsychotic effects of *Spondias mombin* L. (Anacardiaceae) in mice and rats." *J. Ethnopharmacol.* 2006 Jan; 103(2): 166-75.

Anthelmintic (Anti-parasite) Actions:

Ademola, I., et al. "Anthelmintic activity of extracts of *Spondias mombin* against gastrointestinal nematodes of sheep: Studies in vitro and in vivo." *So. Trop Anim, Health Prod.* 2005 Apr; 37(3): 223-35.

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.

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.

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 pygmaea* on the Yarapa river in the Amazon basin of Peru." *Emanations from the Rainforest and the Caribbean* 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 Caribbean.* 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 pygmaea* on the Yarapa river in the Amazon basin of Peru." *Emanations from the Rainforest and the Caribbean* 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.

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.

Manufactured By:
Raintree Nutrition, Inc.
3579 Hwy 50 East, Suite 222
Carson City, Nevada 89701
(800) 780-5902 (775) 841-4142
www.rain-tree.com



*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.