



# AMAZON URINARY SUPPORT\*

120 capsules (650 mg) per bottle.

Retail price: \$29.95

A synergistic formula of 7 rainforest plants traditionally used in South America for supporting and detoxing the urinary tract.\* 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 chanca piedra, anamu, jatoba, Brazilian peppertree, pau d'arco, erva tostão, and guaco.

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

**Contraindications:** Not to be used during pregnancy or while breast-feeding.

**Drug Interactions:** Based on animals studies, it may potentiate anticoagulants and antihypertensive drugs.

**Other Observations:**

- 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.
- Several ingredients in the formula have demonstrated antimicrobial activities in laboratory studies. Adding probiotics to the diet may be beneficial when this formula is used for longer than 30 days.

**Clinical Documentation and Research:\*** This proprietary Raintree 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:

## [Chanca Piedra \(Phyllanthus niruri, amarus\)](#)

Srividya, N., et al. "Diuretic, hypotensive and hypoglycaemic effect of *Phyllanthus amarus*." *Indian J. Exp. Biol.* 1995; 33(11): 861-64.

Kloucek, P., et al. "Antibacterial screening of some Peruvian medicinal plants used in Calleria District." *J. Ethnopharmacol.* 2005 Jun; 99(2): 309-12.

Agrawal, A., et al. "Evaluation of inhibitory effect of the plant *Phyllanthus amarus* against dermatophytic fungi *Microsporum gypseum*." *Biomed. Environ. Sci.* 2004 Sep; 17(3): 359-65.

Farouk, A., et al. "Antimicrobial activity of certain Sudanese plants used in folkloric medicine. Screening for antibacterial activity (I)." *Fitoterapia* 1983; 54(1): 3-7.

Nishiura, J. L., et al. "*Phyllanthus niruri* normalizes elevated urinary calcium levels in calcium stone forming (CSF) patients." *Urol. Res.* 2004 Oct; 32(5): 362-6.

Barros, M. E., et al. "Effects of an aqueous extract from *Phyllanthus niruri* on calcium oxalate crystallization *in vitro*." *Urol. Res.* 2003; 30(6): 374-9.

Freitas, A. M., et al. "The effect of *Phyllanthus niruri* on urinary inhibitors of calcium oxalate crystallization and other factors associated with renal stone formation." *B. J. U. Int.* 2002; 89(9): 829-34.

Campos, A. H., et al. "*Phyllanthus niruri* inhibits calcium oxalate endocytosis by renal tubular cells: its role in urolithiasis." *Nephron.* 1999; 81(4): 393-97.

## [Anamu \(Petiveria alliacea\)](#)

Kim, S., et al. "Antibacterial and antifungal activity of sulfur-containing compounds from *Petiveria alliacea* L." *J. Ethnopharmacol.* 2005 Oct 13;

Kubec, R., et al. "The lachrymatory principle of *Petiveria alliacea*." *Phytochemistry.* 2003 May; 63(1): 37-40.

Ruffa, M. J., et al. "Antiviral activity of *Petiveria alliacea* against the bovine diarrhea virus." *Chemotherapy* 2002; 48(3): 144-47.

Benevides, P. J., et al. "Antifungal polysulphides from *Petiveria alliacea* L." *Phytochemistry.* 2001; 57(5): 743-7.

Caceres, A., et al. "Plants used in Guatemala for the treatment of protozoal infections. I. Screening of activity to bacteria, fungi and American trypanosomes of 13 native plants." *J. Ethnopharmacol.* 1998 Oct; 62(3): 195-202.

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

Von Szczepanski, C., et al. "Isolation, structure elucidation and synthesis of an antimicrobial substance from *Petiveria alliacea*." *Arzneim-Forsch* 1972; 22: 1975–.

### Jatobá (*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.

Yang, D., et al. "Use of caryophyllene oxide as an antifungal agent in an *in vitro* experimental model of onychomycosis." *Mycopathologia.* 1999; 148(2): 79–82.

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.

Giral, F., et al. "Ethnopharmacognostic observation on Panamanian medicinal plants. Part 1." *Q. J. Crude Drug Res.* 1979; 167(3/4): 115–30.

### Brazilian Peppertree (*Schinus molle*)

Carneiro, W. M., et al. "Anti-inflammatory and wound healing action of *Schinus aroeira* Vell in patients with cervicitis and cervico-vaginitis." *Rev. Inst. Antibiot.* 1974; 14(1–2): 105–6.

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 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.

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

Dikshit, A. "*Schinus molle*: a new source of natural fungitoxicant." *Appl. Environ. Microbiol.* 1986; 51(5): 1085–88.

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

Ross, S., et al. "Antimicrobial activity of some Egyptian aromatic plants." *Fitoterapia.* 1980; 51: 201–5.

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

Park, B. S., et al. "Selective growth-inhibiting effects of compounds identified in *Tabebuia impetiginosa* inner bark on human intestinal bacteria." *J. Agric. Food Chem.* 2005 Feb; 23;53(4): 1152-7.

Park, B. S., et al. "Antibacterial activity of *Tabebuia impetiginosa* Martius ex DC (Taheebo) against *Helicobacter pylori*." *J. Ethnopharmacol.* 2005 Dec;

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.

Nagata, K., et al. "Antimicrobial activity of novel furanonaphthoquinone analogs." *Antimicrobial Agents Chemother.* 1998; 42(3): 700–2.

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.

Gershon, H., et al. "Fungitoxicity of 1,4-naphthoquinones to *Candida albicans* and *Trichophyton mentagrophytes*." *Can. J. Microbiol.* 1975; 21: 1317–21.

### **Erva Tostão (*Boerhaavia diffusa*)**

Devi, M. V., et al. "Effect of *Phyllanthus niruri* on the diuretic activity of punarnava tablets." *J. Res. Edu. Ind. Med.* 1986; 5(1): 11–12.

Mishra, J. P., et al. "Studies on the effect of indigenous drug *Boerhaavia diffusa* Rom. on kidney regeneration." *Indian J. Pharmacy* 1980; 12: 59.

Mudgal, V. "Studies on medicinal properties of *Convolvulus pluricaulis* and *Boerhaavia diffusa*." *Planta Med.* 1975; 28: 62.

Gaitonde, B. B., et al. "Diuretic activity of punarnava (*Boerhaavia diffusa*)." *Bull. Haffkine Inst.* 1974; 2: 24.

Chowdhury, A., et al. "*Boerhaavia diffusa*: effect on diuresis and some renal enzymes." *Ann. Biochem. Exp. Med.* 1955; 15: 119–26.

Singh, R. P., et al. "Recent approach in clinical and experimental evaluation of diuretic action of punarnava (*B. diffusa*) with special reference to nephrotic syndrome." *J. Res. Edu. Ind. Med.* 1955; 7(1): 29-35.

Agrawal, A., et al. "Inhibitory effect of the plant *Boerhaavia diffusa* L. against the dermatophytic fungus *Microsporum fulvum*." *J. Environ. Biol.* 2004 Jul; 25(3): 307-11.

Agrawal, A., et al. "Antifungal activity of *Boerhaavia diffusa* against some dermatophytic species of *Microsporum*." *Hindustan Antibiot. Bull.* 2003 Feb-2004 Nov; 45-46(1-4): 1-4.

Qureshi S, et al. "*In vitro* evaluation of inhibitory nature of extracts of 18-plant species of Chhindwara against 3-keratinophilic fungi." *Hindustan. Antibiot. Bull.* 1997 Feb-Nov; 39(1-4): 56-60.

Olukoya, D., et al. "Antibacterial activity of some medicinal plants from Nigeria." *J. Ethnopharmacol.* 1993; 39(1): 69–72.

### **Guaco (*Mikania guaco*)**

Yatsuda, R., et al. "Effects of *Mikania* genus plants on growth and cell adherence of *Mutans streptococci*." *J. Ethnopharmacol.* 2005; 97(2): 183-9.

Duarte, M. C., et al. "Anti-candida activity of Brazilian medicinal plants." *J. Ethnopharmacol.* 2005; 97(2): 305.

Holetz, F. B. "Screening of some plants used in the Brazilian folk medicine for the treatment of infectious diseases." *Mem. Inst. Oswaldo Cruz.* 2002 Oct; 97(7): 1027-31.

Rungeler, P., et al. "Germacranolides from *Mikania guaco*." *Phytochemistry* 2001; 56(5): 475-89.

Muelas-Serrano, S., "*In vitro* screening of American plant extracts on *Trypanosoma cruzi* and *Trichomonas vaginalis*." *J. Ethnopharmacol.* 2000; 71(1-2): 101-7.

Rojas de Arias, A., et al. "Mutagenicity, insecticidal and trypanocidal activity of some Paraguayan *Asteraceae*." *J. Ethnopharmacol.* 1995; 45(1): 35-41.

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

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