AMAZON SINUS SUPPORT*

120 capsules (650 mg each) **Retail price: $31.95**

A synergistic formula of 8 rainforest botanicals which have been traditionally used in the rainforest and South America for the sinuses and for allergies.* 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 nettle, carqueja, gervâo, picão preto, yerba mate, jatoba, pau d'arco, and guaco.

Suggested Use: Take 2-3 capsules every 4-6 hours as needed.
Contraindications: None reported.
Drug Interactions: None reported.
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.
- Yerba maté contains naturally occurring caffeine. Those sensitive to or allergic to caffeine should avoid this formula.
- Gervâo contains a small quantity of salicylic acid. Those allergic to aspirin or salicylic acid should not take this formula.

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:

Nettle (Urtica dioica)

Thornhill, S. M., et al. "Natural treatment of perennial allergic rhinitis." *Altern. Med. Rev*. 2000; 5(5): 448-54.
Galelli, A., et al. "*Urtica dioica* agglutinin. A superantigenic lectin from stinging nettle rhizome." *J. Immunol.* 1993; 151(4): 1821-31.
Mittman, P. "Randomized, double-blind study of freeze-dried *Urtica dioica* in the treatment of allergic rhinitis." *Planta Med.* 1990; 56(1): 44-7.
Gulcin, I., et al. "Antioxidant, antimicrobial, antiulcer and analgesic activities of nettle (*Urtica dioica* L.)." *J. Ethnopharmacol*. 2004; 90(2-3): 205-15.

Carqueja (Baccharis sp)

Abad, M. J., et al. "Anti-inflammatory activity of four Bolivian *Baccharis* species (Compositae)." *J. Ethnopharmacol*. 2006 Feb; 103(3): 338-44.
Hnatyszyn, O., et al. "Argentinian plant extracts with relaxant effect on the smooth muscle of the corpus cavernosum of guinea pig." *Phytomedicine*. 2003 Nov; 10(8): 669-74.
Torres, L. M., et al. "Diterpene from *Baccharis trimera* with a relaxant effect on rat vascular smooth muscle." *Phytochemistry*. 2000 Nov; 55(6): 617-9.
Gene, R. M., et al. "Anti-inflammatory and analgesic activity of *Baccharis trimera*: Identification of its active constituents." *Planta. Med.* 1996; 62(3): 232–5.

Gervâo (Stachytarpheta cayennensis)

Hazekamp, A., et al. "Isolation of a bronchodilator flavonoid from the Thai medicinal plant *Clerodendrum petasites*." *J. Ethnopharmacol*. 2001; 78(1): 45–9.
Mesia-Vela, S., et al. "Pharmacological study of *Stachytarpheta cayennensis* Vahl in rodents." *Phytomedicine*. 2004; 11(7-8): 616-24.
Schapoval, E. E., et al. "Anti-inflammatory and antinociceptive activities of extracts and isolated compounds from *Stachytarpheta cayennensis*." *J. Ethnopharmacol*. 1998; 60(1): 53–9.

Melita Rodriguez, S., et al. “Pharmacological and chemical evaluation of *Stachytarpheta jamaicensis* (Verbenaceae).” *Rev. Biol. Trop.* 1996 Aug; 44(2A): 353-9.
Gil, B., et al. “Effects of flavonoids on Naja Naja and human recombinant synovial phospholipases A2 and inflammatory responses in mice.” *Life Sci*. 1994; 54(20): PL333–38.

Picão Preto (Bidens pilosa)

Chiang, Y. M., et al. “Ethyl caffeate suppresses NF-kappaB activation and its downstream inflammatory mediators, iNOS, COX-2, and PGE2 *in vitro* or in mouse skin.” *Br. J. Pharmacol.* 2005 Oct; 146(3): 352-63.
Nguelefack, T. B., et al. “Relaxant effects of the neutral extract of the leaves of *Bidens pilosa* Linn on isolated rat vascular smooth muscle.” *Phytother. Res.* 2005; 19(3): 207-10.
Pereira, R. L., et al. “Immunosuppressive and anti-inflammatory effects of methanolic extract and the polyacetylene isolated from *Bidens pilosa* L.” *Immunopharmacology*. 1999; 43(1): 31–7.
Jager, A. K., et al. “Screening of Zulu medicinal plants for prostaglandin-synthesis inhibitors” *J. Ethnopharmacol*. 1996; 52(2): 95–100.
Chih, H. W., et al. “Anti-inflammatory activity of Taiwan folk medicine ‘ham-hong-chho’ in rats.” *Am. J. Chin. Med*. 1995; 23(3–4): 273–78.

Yerba Mate (Ilex paraguariensis)

Matsunaga, K., et al. “Inhibitory action of Paraguayan medicinal plants on 5-lipoxygenase.” *Natural Med.* 2000; 54(3): 151–54.
Marr, K., et al. “Pharmacokinetics and pharmacodynamics of fenleuton, a 5-lipoxygenase inhibitor, in ponies.” *Res. Vet. Sci.* 1998; 64(2): 111–17.
Yasukawa, K., et al. “Inhibitory effect of edible plant extracts on 12-o-tetradecanoylphorbol-13-acetate-induced ear oedema in mice.” *Phytother. Res*. 1993; 7(2): 185–89.
Chandra, S., et al. “Polyphenolic compounds, antioxidant capacity, and quinone reductase activity of an aqueous extract of *Ardisia compressa* in comparison to mate (*Ilex paraguariensis*) and green *(Camellia sinensis*) teas.” *J. Agric. Food Chem.* 2004 Jun; 52(11): 3583-9.

Jatoba (Hymenaea courbaril)

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.
Hostettmann, K., et al. “Phytochemistry of plants used in traditional medicine.” *Proceedings of the Phytochemical Society of Europe.* Clarendon Press, Oxford. 1995.
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.

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.

Guaco (Mikania guaco)

Soares de Moura, R., et al. “Bronchodilator activity of *Mikania glomerata Sprengel* on human bronchi and guinea-pig trachea.” *J. Pharm. Pharmacol*. 2002; 54(2): 249-56.

Fierro, I. M., et al. “Studies on the anti-allergic activity of *Mikania glomerata*.” *J. Ethnopharmacol*. 1999; 66(1): 19-24.

Leite, M. G. R., et al. “Actividade bronchodilatora de *Mikania glomerata*, *Justicia pectoralis* e *Torresea cearensis*." *Simposio de Plantas Medicinais do Brazil.* December 1992. Curitiba. Resumos. p. 21.

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