

Camu Camu

(*Myrciaria dubia*)

- A natural source of Vitamin C from the Amazon rainforest
- The richest source of natural Vitamin C known on the planet

Highest Vitamin C: Camu camu contains 30 to 60 times more Vitamin C ⁽²⁾ than an orange, making it the richest source of the vitamin ever recorded. When tested at Oregon State University, camu camu provided 2 grams of natural Vitamin C per 100 grams of fruit. 100 grams of New World Natural Products' camu camu contains 26 grams of ascorbic acid – this is a very high level. Our camu camu is harvested with the skin which contains valuable flavonoids as well as the Vitamin C in the pulp. (Evidence suggests that natural Vitamin C is far more effective and bioavailable when administered with flavonoids).

About camu camu Camu camu (also known as rumberry or bayberry) is a fruit about the size of a large grape which has a purplish-red skin and yellow pulp. It grows close to the riverbanks in the Amazon basin and indigenous people paddle canoes deep into the rainforest to gather the fruit at flooding. Mark Plotkin in *Tales of a Shaman's Apprentice* states "a forest of camu camu is worth twice the amount to be gained from cutting down the rainforest and replacing it with cattle."

Pharmacology – Camu camu is a member of the Myrtaceae / myrtle family that includes eucalyptus, melaleuca (tea tree), allspice; all known to contain volatile oils and terpenes. In camu camu, alpha-pinene and d-limonene (terpenes) are the predominant volatile compounds. The bio-availability of camu camu is enhanced by the branch-chain amino acids; leucine, serine, valine. It also contains significant amounts of beta carotene, calcium, iron niacin, phosphorus, riboflavin and thiamin.

Natural vs. synthetic – 90% of vitamin C supplements are synthetic ascorbic acid, calcium ascorbate, magnesium ascorbate or potassium ascorbate. These are laboratory-produced synthetic molecules manufactured in a test tube and often made using modified corn syrup/sugar. Recent tests at Oregon State University lists the potency of New World Natural Products camu camu as well above that of synthetic Vitamin C (ascorbic acid).

Traditional uses – medicinal practitioners in the herb markets of Peru sell camu camu as a *depurative* (blood purifying) syrup taken as a treatment for liver complaints. In Cuba the fruits are relished for jam and the fermented juice is rated as "una bebida exquisita" (an exquisite beverage).

Modern medicinal uses – Anti-inflammatory, antioxidant, astringent, emollient, nutritive

Suggested dosage: 1 small pinch of camu camu has the Vitamin C equivalency of one teaspoon or two 500mg tablets of synthetic ascorbic acid.

Toxicity: Camu camu is considered to be non-toxic and has no reported adverse reactions or interactions with other substances. There are no side effects such as photo-sensitivity or gastrointestinal problems and can be used safely in combination with pharmaceutical anti-depressants. Do not take during pregnancy.

New World Natural Products (425) 830-9594

(logo)

Research studies:

1. IIAP, Sandoval (2000) Albany University demonstrated that camu camu flesh has potent antioxidant powers and inhibits the radical DPPH (1,1-diphenil-2-picrilhydrazil) surpassing ascorbic acid and trolox (water soluble analog of vitamin C)

2. James Duke, former chief botanist USDA, in a comparative study of hundreds of botanicals

ranked camu camu number ONE in order of its effectiveness for the following:

- Hepatitis
- gingivitis/periodontal disease,
- glaucoma
- colds, flu,
- depression
- Parkinson's disease
- migraine-cluster headaches
- infertility
- osteoarthritis
- as a painkiller

3. Depression: Clinician's Handbook of Healing (1998): Gary Null, PhD/ Nutritionist and researcher lists 19 plants containing chemical compounds with antidepressant properties in order of potency and Camu camu is listed (#2) second in effectiveness. Patients gradually wean themselves off anti-depression prescription medication (such as Zoloft/Prozac) under medical supervision substituting camu camu powder with no relapse into depression. Vitamin C may provide nutritional support for the brain to optimize its own mood balancing chemistry. Additionally published research suggests Vitamin C supports an increased serotonin level in the brain (Recommended dosage: 1 Tsp camu camu powder on an empty stomach in 8 oz of water qid).

4. Anti-viral: Herpes virus: In total, more than 80% of the U.S. population suffers from some type herpes infection. Gary Null lists camu camu as the most potent out of 19 cited plants against the Herpes simplex I (cold sores/shingles) and II (genital) virus, and Epstein-Barr virus.

References:

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- 4) Acero, D. *Principales Plantas Utiles de la Amazonia* 1979.
- 5) Duke, J and Vasquez, R., *Amazonian Ethnobotanical Dictionary*. CRC Press 1994
- 6) Vasquez, MR. *Useful Plants of the Amazonian Peru*. Second Draft, Filed with USDA's National Agricultural Library 1990
- 7) Van den Bery, E. *Plantas Mediciniais na Amazonia*. Belem, Museu Goeldi 1983
- 8) Plotkin, M. *Tales of a Shaman's Apprentice*, Middlesex, England, 1993
- 9) Maxwell, N. *Witch Doctor's Apprentice: Hunting for Medicinal Plants in the Amazon*. 3rd Ed NY 1990.
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