CHANCA PIEDRA POWDER

Description: Chanca piedra means "stone breaker" throughout South America and the Amazon.* Raintree’s chanca piedra has been sustainably wild-harvested in the Amazon Rainforest (without any pesticides or fertilizers). For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online Tropical Plant Database.

Traditional Uses:* for kidney stones and gallstones (active stones and as a preventative); to tone, balance, strengthen, detoxify and protect the kidneys and to reduce uric acid and increase urination; to tone, balance, strengthen, detoxify, and protect the liver (and to balance liver enzymes); for hypertension and high cholesterol levels

Ingredients: 100% pure chanca piedra whole herb (Phyllanthus niruri). No binders, fillers or additives are used.

This plant is non-irradiated and non-fumigated and has grown naturally in the Amazon 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: Not to be used during pregnancy or while breast-feeding.

Drug Interactions: None reported; however based on animals studies, it might potentiate antihypertensive, diabetic drugs.

Other Observations:
• Chanca piedra has been documented to reduce blood pressure in animal studies. Individuals with low blood pressure should be monitored for this possible effect.
• Chanca piedra has been documented with female antifertility effects in one mouse study. Although not proven in humans, the use of the plant is probably contraindicated in women seeking pregnancy.
• This plant has demonstrated hypoglycemic activity. Individuals with hypoglycemia should be monitored more closely for this possible effect.

Clinical Documentation and Research:* Available third-party documentation and clinical research on chanca piedra can be found at the Raintree website or on Medline/PubMed. A partial listing of the published research on chanca piedra is shown below:

Actions on Kidney Stones & Uric Acid:


Antispasmodic, Pain-Relieving, & Anti-inflammatory Actions:


Antiviral Actions:
Liver Protective & Detoxification Actions:
Manjrekar, A., et al. "Effect of Phyllanthus niruri Linn. treatment on liver, kidney and testes in CCl4..."


Chatterjee, M., et al. “Herbal (Phyllanthus niruri) protein isolate protects liver from nimesulide induced oxidative
Anticancerous, Cellular Protective & Antioxidant Actions:
Huang, S., et al. "Ellagic acid, the active compound of Phyllanthus urinaria, exerts in vivo antiangiogenic effect and inhibits MMP-2 activity." Evid Based Complement Alternat Med. 2010;
Huang, S., et al. "Phyllanthus urinaria increases apoptosis and reduces telomerase activity in human


Anti-Diabetic, Anti-Cholesterol & Hypotensive Actions:


Adeneye, A. A., et al. “Hypoglycemic and hypocholesterolemic activities of the aqueous leaf and

Immunomodulatory Actions:

Antiparasitic, Antimalarial, Wound-Healing & Other Antimicrobial Actions:


This product is sold by health practitioners, retail stores, and Raintree Nutrition. 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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