
Camu-Camu Info Sheet

A Potent Immune and Mood-Balancing Botanical Agent

Welcome to Camu-camu, The Natural Vitamin C Plant	
Properties and Actions	Anti-viral, anti-inflammatory, antioxidant, astringent, anti-pain, anti-depressant, emollient, nutritive
Phytochemicals	Natural ascorbic acid, bioflavonoids, beta-carotene, calcium, iron, leucine, niacin, phosphorus, potassium, protein, riboflavin, thiamin, serine, valine, alpha-pinene, d-limonene
Health Benefits	<ul style="list-style-type: none">• Superior effect over synthetic vitamin C to strengthen and support the immune system• Supports the body's defenses against the herpes virus• Traditionally used by natives against colds and flus• Helps maintain healthy gums, eyes and skin• Supports healthy liver, lungs, lymphatic and nervous systems

The Natural Vitamin C Plant

Camu-camu (*Myrciaria dubia*) is the name of a bush which grows in the Amazonian rainforest of Peru. The Camu-camu bush produces a redish-colored fruit that has the highest recorded source of natural vitamin C than any other known plant on the planet. In addition to vitamin C, Camu-camu contains many other naturally-occurring vitamins, minerals and amino acids, and it has clinically demonstrated **far superior benefits over ascorbic acid (synthetic vitamin C tablets)**, especially over a 3 to 6 week period.

Camu-camu offers astringent, antioxidant, anti-inflammatory, anti-pain, anti-viral, emollient and nutritive properties and contains natural beta-carotene, calcium, iron, niacin, phosphorus, protein, riboflavin, thiamin and the amino acids valine, leucine and serine. This makes Camu-camu invaluable for metabolic processes, including the formation of white blood cells, maintaining a healthy immune system, and support for the brain, lymph glands, heart and lungs. **The Camu-camu fruit has a surprising range of therapeutic effects.**

30 Times More Vitamin C

Oranges provide 500-4,000 ppm vitamin C, or ascorbic acid, while acerola has assayed 16,000 to 172,000 ppm ascorbic acid. Camu-camu provides up to 500,000 ppm ascorbic acid. In comparison to oranges, Camu-camu provides **30 times more vitamin C**, 10 times more iron, 3 times more niacin, twice as much riboflavin, and 50% more phosphorus.

Camu-camu is also a **significant source of potassium**, providing 711 mg/kg of fruit. It also has a full complement of minerals and amino acids which can aid in the absorption of vitamin C. **Alpha-pinene and d-limonene**, compounds known as **terpenes**, predominate as the volatile compounds in this fruit.

Switching to Natural Vitamin C

People experiencing Camu-camu have stopped using large dosages of synthetic vitamin C because they find that just 1 to 2 grams daily of natural vitamin C sources such as Camu-camu is superior in **strengthening the**

immune system, energizing and mood-lifting effects. One to two grams of Camu-camu, once or twice daily, can clear up most cases of bleeding gums and provide remarkable energy-boosting effects. It has the additional benefit of being **non-irritating to sensitive stomachs and bladders.**

Beware of Your Source

Beware of your Camu-camu product — many brands that contain Camu-camu also add synthetic vitamin C to their product. Also, be sure your Camu-camu product contains no toxic additives, fillers, corn or gluten.

Although the amount of vitamin C which Camu-camu contains may appear low compared to the amount in synthetically derived vitamin C products, the effects on the human body are incomparable.

Because of its natural nutrient symphony, including bioflavonoids and other synergists, clinical evidence suggests that it is **far more effective than any amount of synthetic vitamin C** (ascorbic acid) or ester vitamin C, especially over a 3 to 6 week period of use or longer.

Extraordinary Immune Support

Health care practitioners report the **extraordinary nutritional benefits of natural-source vitamin C complex for supporting the body's immune defense against internal invaders**. A couple grams of Camu-camu **readily outperform the benefits previously achieved with mega doses of ester vitamin C or mega doses of L-lysine**.*

The Peruvian government expects that Camu-camu will become a major export when its amazing properties are discovered in the U.S. To bear fruit, the Camu-camu bush must be 4 to 5 years old. The growing popularity of this wild rain forest fruit is contributing to the sustainable development of the Amazon River basin and helping the natives maintain their traditional way of life.

The Camu-camu fruit has a **surprising range of health-promoting properties**. Best known among these are Camu-camu's

potent ability to **strengthen the immune system and to help maintain healthy gums, eyes and skin**.

Dr. Gary Null, Ph.D., a well-known nutritionist and researcher, has investigated many of the extraordinary medicinal properties of this Amazon rain forest fruit (1996). In his "Clinician's Handbook of Natural Healing" (1998), he lists disease conditions and the herbs that have been found effective for their health promoting properties in reference to specific organ/system weaknesses and problems.

Anti-Depressant Treatment

In discussing the holistic treatment of depression, he lists 19 plants containing chemical compounds with **antidepressant properties**, in order of potency – **Camu-camu is Number 2** on his list. It appears to provide nutritional support for the brain to optimize its own mood-balancing chemistry.

The Herpes Virus

The herpes virus takes a number of different forms and is widespread today as a public health problem in the U. S. More than 50% of the U.S. population gets cold sores, which is the result of the herpes simplex virus 1 (HSV1). Many people also suffer from shingles, which is a re-manifestation of the chicken pox virus in adulthood in a new form. The principal anti-viral pharmaceutical medicine is Acyclovir®, which has many undesirable side effects.

The herpes virus can remain dormant at the base of spinal ganglia and become active when the immune system is under periods of stress. Common stressors include emotional upsets, other illnesses, prescription drugs, insufficient rest, poor diet, menstrual periods, vaginal yeast infections, and too much sunlight on the skin. Genital herpes is usually transmitted sexually.

The Epstein-Barr virus is a common form of the herpes virus which may linger in the body for years, often gradually raising the total viral load which the body must continually combat. Another form of the herpes virus, genital herpes, is caused by the herpes simplex virus 2 (HSV2). In total, more than 80% of the U.S. population suffers from some kind of herpes infection.

Anti-Herpes Effect

Dr. Null lists 19 plants which contain **anti-herpetic phytochemicals**. The plant with the largest amount of these phytochemicals is Camu-camu. Health care practitioners report that Camu-camu has provided effective nutritional support to put shingles into remission, and has cut the expected time for reduction of symptoms in half by supporting the body's natural defenses. Some users have reported that cold sores have resolved in just one day and genital herpes outbreak was resolved in 48 hours. In other cases, the Epstein-Barr type of chronic fatigue has shown improvement in one or two weeks.

Herpes Cleared

Camu-camu may be taken on a daily basis to provide highly effective support for the body's immune defenses against the herpes virus (when it lies dormant in the body). In one case, a 45-year-old woman with genital herpes had outbreaks about every six weeks. After taking 1 gram daily of Camu-camu, she had no occurrence for over a year before she experienced another outbreak. Then later, none at all.

Wide Range of Health Benefits

The Camu-camu fruit has a surprising range of medicinal effects as measured both by traditional use and by the variety of phytochemical compounds which have demonstrated therapeutic effects. Dr. James Duke, retired chief botanist for the U.S. Dept. of Agriculture and author of many botanical books, including the popular *Green Pharmacy*, lists some of these effects in his Ethnobotanical website, based on amounts of various phytochemicals which Camu-camu contains.

On Dr. Duke's website, in a comparative **study of hundreds of botanical agents, ranked in order of effectiveness for various health conditions, Camu-camu was ranked as follows**:

- anti-viral - No. 6;
- antioxidant - No. 4;
- asthma - No. 1;
- atherosclerosis - No. 1;
- cataracts - No. 1;
- colds - No. 1;
- depression - No. 2;
- edema - No. 1
- gingivitis-periodontal disease - No. 1;
- glaucoma - No. 1;
- hepatitis - No. 1;
- infertility - No. 1;
- migraine-cluster headaches - No. 1;
- osteoarthritis - No. 1;
- painkiller - No. 1;
- Parkinson's disease - No. 1

This is only a partial listing. For a complete list, see Dr. James Duke's Ethnobotanical database, www.ars-grin.gov/duke/. There is a disclaimer on his website which warns that the information he provides is not meant to claim that any herb can diagnose, prevent or treat any disease condition.

References

- Dr. James Duke's Ethnobotanical database: www.ars-grin.gov/duke/.
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