

# GUARANA PE 12%

## Latin Names

Paullinia cupana

## Common Names

Guarana, Uabano, Brazilian Cocoa, Brazilian Cola

## Origin

Brazilian rain forests, South American countries

## Description

Guarana is a woody evergreen climbing vine which adopts a semi-erect posture when cultivated in the open. It is indigenous to the Amazon Basin and is mainly cultivated between Maues and Manau in Brazil. The fruit of Guarana is hazelnut size, deep yellow to red orange which bursts open to expose one purple- brown to black seed. The traditional uses of the seed include headaches, fever, cramps, stimulant, aphrodisiac, prevention against bacterial infections, tonic, and supporting good health.

## Pharmacological Properties

- Inhibited platelet aggregation in vitro and in vivo (laboratory animals)-possesses de-aggregatory action on platelets
- both oral ingestion and injection of extract showed anti-aggregatory and de-aggregatory action
- may be potentially useful in the prevention and treatment of thrombosis and other vascular problems
- decreases thromboxane formation by the platelets
- stimulating effects
- relaxes the vascular muscles (with the exception of the cerebral vessels which constrict) and the bronchial tube
- increases the release of catecholamines

## Active Substances

xanthines: guaranine, theobromine, theophylline

PE 12% guaranine

## Contraindications / Toxicity

Relatively safe when taken responsibly. Persons with high blood pressure, renal diseases, hyperthyroidism, cancer, seizures, and psychiatric disorders should consult their health care professional before using this product. Pregnant and nursing mothers should avoid this product due to the undesirable effects of the alkaloids on infants.

## Suggested Use

500-1000mg taken 1-2 times daily. Do not exceed 2000mg (20grams) daily.

## Synergistic Agents

Yerba mate, coffee, tea, ginseng, gotu kola, kola nut

## Processing

Guarana seeds are crushed and powdered. A hydroalcoholic extract is made.

## Part Of Plant Used

Seeds

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## References

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