

# AVENCA POWDER



1 Pound (16 oz)

Retail Price: \$25.00

**Description:** Raintree's avenca leaf powder (*Adiantum capillus-veneris*) has been milled into a fine powder which is suitable to stuff into capsules or to prepare your own teas, tinctures or extracts. It has been sustainably wild-harvested in the Brazilian Amazon and it is rich in active and beneficial phytochemicals that occur naturally in this plant. Chemical analysis of avenca reveals an array of compounds including triterpenes, flavonoids, phenylpropanoids, and carotenoids. Interestingly, despite its ancient use, there has been no specific research on avenca to isolate and test its chemicals for biological activities.\* For more complete information on this rainforest plant, please see the Raintree Nutrition internet website and online [Tropical Plant Database](#).

**Traditional Uses:**\* for respiratory problems (coughs, bronchitis, colds, flu, pneumonia, excessive mucous/phlegm); for hair loss; for gallstones; for menstrual disorders (interruption or absence of menstrual cycle); as a blood cleanser and liver detoxifier

**Ingredients:** 100% pure avenca leaf (*Adiantum capillus-veneris*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated. It is a wild harvested product—grown naturally in the Brazilian 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 1/2 cup amounts, twice daily.

## Contraindications:

- Not to be used while pregnant.
- Avenca has been documented to lower blood sugar levels in animal studies. It is probably contraindicated for people with hypoglycemia.
- The plant has shown to have an anti-implantation effect in animal studies and may prevent conception. Couples seeking fertility treatment or pregnancy should not take avenca.
- Due to its effect on fertility and menstruation, avenca may have estrogen-like effects and should probably be avoided by women with estrogen-positive cancers.

**Drug Interactions:** Avenca may potentiate insulin and antidiabetic drugs.

**Clinical Documentation and Research:**\* This Raintree product has not been the subject of any clinical research. Available third-party documentation and research on avenca can be found at the Raintree website or at [PubMed](#). A partial listing of the published third party research on avenca is shown below:

## Antimicrobial Actions:

Mahmoud, M. J., et al. "In vitro antimicrobial activity of *Salsola rosmarinus* and *Adiantum capillus-veneris*." *Int. J. Crude Drug Res.* 1989; 27(1): 14–16.

Husson, G. P., et al. "Research into antiviral properties of a few natural extracts." *Ann. Pharm. Fr.* 1986; 44(1): 41–8.

**Anti-fertility Actions:**

Murthy, R. S. R., et al. "Anti-implantation activity of isoadiantone." *Indian Drugs* 1984; 21(4): 141–44.  
Murti, S. "Post coital anti-implantation activity of Indian medicinal plants." *Abstr. 32nd Indian Pharmaceutical Cong. Nagpur.* 1981; Abstract D14: 23–5.

**Hypoglycemic Actions:**

Neef, H., et al. "Hypoglycaemic activity of selected European plants." *Phytother. Res.* 1995; 9(1): 45–8.  
Neef, H., et al. "Hypoglycemic activity of selected European plants." *Pharm. World & Sci.* 1993; 15(6): H11.  
Jain, S. R., et al. "Hypoglycaemic drugs of Indian indigenous origin." *Planta Med.* 1967; 15(4): 439–42.

**Phototropic Actions:**

Iwata, T., et al. "Identification of the C=O Stretching Vibrations of FMN and Peptide Backbone by (13)C-Labeling of the LOV2 Domain of Adiantum Phytochrome3." *Biochemistry.* 2006 Dec; 45(51): 15384-15391.  
Tsuboi, H., et al. "Negative phototropic response of rhizoid cells in the fern *Adiantum capillus-veneris*." *J. Plant Res.* 2006 Sep; 119(5): 505-12.  
Doi, M., et al. "The fern *Adiantum capillus-veneris* lacks stomatal responses to blue light." *Plant Cell Physiol.* 2006; 47(6): 748-55.  
Suetsugu, N., et al. "A chimeric photoreceptor gene, NEOCHROME, has arisen twice during plant evolution." *Proc. Natl. Acad. Sci. USA.* 2005 Sep; 102(38): 13705-9.

This product is distributed through health food stores, health practitioners, and by [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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\*The statements contained herein have not been evaluated by the Food and Drug Administration.  
This product is not intended to treat, cure or prevent any disease.