



Kola Nut

Botanical Name: *Cola nitida*

Tropical Africa is the native home of the towering kola tree growing up to 40 feet (13 meters) tall. Its yellow flowers are tinged with purple bear reddish-brown seeds about the size of a walnut with almost no taste but rich in caffeine. The Igbo, a tribe in southern Nigeria, consider the kola nut tree to be the first tree (and fruit) on earth. They consider the nut to be a symbol of hospitality, kindness and fraternity. Throughout Western Africa, a small piece of nut is chewed before each meal to promote digestion. It is also presumed to help lower blood pressure. It was introduced to Europe in the mid 16th century by Portuguese traders. The nut is also thought to improve the flavor of any food and to counteract the effects of drinking tainted water. Kola, as its name suggests, is a main ingredient in many traditional colas. Kola nut was used as the main ingredient in cola drinks for many years, but is now mainly used as a flavoring agent.

In herbal medicine, the nut is usually soaked in alcohol to make tinctures. Although bitter, it may be taken as tea and its dried seed (nut) is used in tea blends. It contains caffeine, a nervous system stimulant. Excessive use of caffeine can cause insomnia, nervousness, increase heart rate and the other symptoms of excess caffeine intake. Exercise caution when using with other central nervous stimulants, including bronchodilators or adrenergic drugs.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Ghana and Nigeria.



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