

## Quebra Pedra

*Phyllanthus niruri*



Available as:  
20, 40, 90 teabags  
50g, 100g, 200g loose tea

PARTS USED: Leaf, stem and root.  
STRENGTH: 1,500mg

Quebra Pedra is a small annual plant that is found in the Amazon Rainforest and other tropical areas of the world, including India and the Caribbean.

It is also well known by its Spanish name of Chanca Piedra - which means 'stone breaker' - and its Indian name Bhumyamalaki. In India it is well known in the Ayurvedic systems.

## Tayuya

*Cayaponia tayuya*



Available as:  
40, 90 teabags

PARTS USED: Root.  
STRENGTH: 2,000mg

Tayuya (*Cayaponia tayuya*) is a woody vine found throughout the Amazon rainforest in South America. Tayuya is known by several botanical names, but all of these names refer to the same plant, a member of the gourd family.

Rainforest people have been using Tayuya since prehistoric times, and Tayuya tea is still popular in Brazil today. This Amazon plant contains actives called cucurbitacins and glucosides, and other plant antioxidants have been isolated in the root. Tayuya has a bitter taste and can be sweetened with a little stevia.

## Yerba Maté

*Ilex paraguariensis*



Available as:  
20, 40, 90 teabags  
100g loose tea

PARTS USED: Leaves.  
STRENGTH: 1,500mg

The traditional tea of Southern South America, Maté is brewed from the leaves and stem of the *Ilex paraguariensis* tree, also known as South American Holly.

Unlike other teas, the leaves and stem are exposed to flames (sapeco in Portuguese) immediately after harvesting. This is to quickly lessen the moisture but seal in the abundant vitamins (A, B, C, and E), minerals (magnesium, iron, calcium, riboflavin, niacin) and polyphenols.

## Wonders of the Rainforest

Dreamed up in Brazil, and founded in Brighton in 1986, Rio Health has been sharing the potent powers of indigenous herbs for over 30 years.

The Amazon Rainforest stretches over a billion acres in Brazil, Venezuela, Columbia, and the Eastern Andean area of Ecuador and Peru.

It is home to more than half of the world's plant species. The competitive nature of the rainforest environment has led to rainforest plants evolving unique chemical compounds for their own survival. Infusions from selected leaves, roots and bark have been used by indigenous peoples for centuries for their health and wellbeing.



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## Cat's Claw

*Uncaria tomentosa*



Available as:  
20, 40, 90 teabags  
50g, 100g, 200g loose tea

PARTS USED: Bark.  
STRENGTH: 2,000mg (840mg Cat's Claw)

Cat's Claw is a climbing vine from the Peruvian Amazon. It gains its name from the barbed 'claws' with which it climbs the rainforest canopy. Cat's Claw bark and root have been used by the Ashaninka people of the Peruvian rainforest for at least 2,000 years to support the immune system and to maintain healthy joints.

Rio Amazon Cat's Claw teabags combine 840mg Cat's Claw bark with cinnamon, ginger, cardamom and orange fruit.

## Espinheira Santa

*Maytenus ilicifolia*



Available as:  
40, 90 teabags

PARTS USED: Leaf.  
STRENGTH: 1,500mg

Also known as 'Chuchuwasi', Espinheira Santa (*Maytenus ilicifolia*) is a small, shrubby evergreen tree growing to heights of around 5m, with leaves and berries that resemble those of the European Holly. It is native to Southern Brazil and many other parts of South America.

Espinheira Santa is part of a large genus of plants, many of which have been used medicinally by indigenous tribes. In Brazil it is commonly consumed as a leaf tea after meals.

## Graviola Leaf

*Annona muricata*



Available as:  
20, 40, 90 teabags

PARTS USED: Leaf and stem.  
STRENGTH: 1,800mg

Graviola is a small evergreen tree with large, dark green, glossy leaves that is native to the Amazon Rainforest and other tropical areas of the Americas.

Many active compounds have been found in all parts of the plant - including the fruit, leaf, bark, root, stem and seed. Graviola is becoming increasingly well known as a source of antioxidants called annonaceous acetogenins, which are found mainly in the leaf and seeds.

## Damiana Leaf

*Turnera aphrodisiaca*



Available as:  
40, 90 teabags

PARTS USED: Leaf.  
STRENGTH: 1,500mg.

Damiana (*Turnera aphrodisiaca*) is a small shrub with aromatic leaves that thrives in hot and humid climates and is native to Mexico, Central and South America and the West Indies. The leaves are used to make the tea.

*Turnera aphrodisiaca* has been consumed since the time of the ancient Mayans, and for over a century it has been used by the modern populations of both Central and South America to help maintain feelings of sexual wellbeing.

## Pata de Vaca

*Bauhinia forficata*



Available as:  
40, 90 teabags

PARTS USED: Leaf.  
STRENGTH: 1,500mg

Pata de Vaca (translated as 'cow's foot') is a small tree native to the tropical rainforests of Peru, Brazil, Argentina, Paraguay and Asia. It grows to heights of around 5-10m and produces 7-10cm long leaves that are shaped like a cow's foot. It is these leaves which are prepared to make an infusion or leaf tea.

In South America, Pata de Vaca is normally consumed as tea after each meal. It has been in use for more than 60 years by modern Brazilians.

## Pau d'Arco

*Tabebuia impetiginosa*



Available as:  
20, 40, 90 teabags  
50g, 100g, 200g loose tea

PARTS USED: Bark.  
STRENGTH: 2,000mg

Pau d'Arco is a huge canopy tree native to the Amazon Rainforest. The inner lining of the bark of the tree has a long and well-documented history of use by indigenous peoples to help various conditions, and as a tonic for strength and vigour. Also known as Purple Lapacho, bark infusions have been used by rainforest tribes for over 2,000 years to support the immune system. Nearly 100 species of Lapacho trees are known, but only a few of these yield high-quality material so it takes extremely skilled gatherers to tell the difference.