

SUMA

What is SUMA?

Suma, is a member of the family Amaranthaceae. It has an intricate and deep root system. It is widely used as an adaptogen for many things, much like regular ginseng. Suma root contains 19 different amino acids, a large number of electrolytes and trace minerals including iron, magnesium, cobalt, silica, zinc and the vitamins A, B1, B2, E, K and pantothenic acid. The high content of germanium accounts for its properties as an oxygenator at the cellular level. It is also composed of saponins which have demonstrated the ability to inhibit cultured tumor cell melanomas and help to regulate blood sugar levels. *

What are the benefits?

Suma is considered a tonic for the cardiovascular system, central nervous system, reproductive system and digestive system. It is used to treat hormonal disorders, sexual dysfunction, sterility, arteriosclerosis, diabetes, circulatory and digestive disorders, rheumatism and bronchitis. It is used to restore nerve and glandular functions, balance the endocrine system and strengthen the immune system. Suma is used for infertility, menopausal and menstrual symptoms, high cholesterol and the neutralization of toxins. It is used as an adaptogenic and regenerative tonic to regulate many systems of the body and to treat exhaustion resulting from Epstein-Barr and Chronic Fatigue. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens. A good product on the market today is Brazilian Suma™.

- **Contains adaptogenic and immune-enhancing properties***
- **Supports the cardiovascular system***
- **Helps to increase energy***
- **Increases oxygen in the body***
- **Helps to inhibit tumor cell growth***
- **An immune system booster***
- **Enhances muscle-building***
- **Increases mental and physical work capacity***
- **Helps combat environmental pollutants and toxins***

Supporting Research:

Araujo; Joao T. *Brazilian ginseng derivatives for treatment of sickle cell symptomatology* US Patent #5,449,516; September 12, 1995

Balch JF, Balch PA. *Prescription for Nutritional Healing*. Avery Publishing Group, USA; 1990

Bruneton J. *Pharmacognosy, Phytochemistry, Medicinal Plants*. 1995; Intercept Ltd., Hampshire England

De Oliveira FG, et al. Contribution to the pharmacognostic study of Brazilian ginseng *Pfaffia paniculata*, *An Farm. Chim.* 20(1-2)m 361-277 (1980), 261

De Oliveira, F. "Pfaffia paniculata (Martius) Kuntz—Brazilian ginseng." *Rev. Bras. Farm.* 1(1) 86-92; 1986

Bartram, T. *Encyclopedia of Herbal Medicine*, 1995; Ed Grace Publishers, Dorset, England

Flynn R, Roest M. *Your Guide to Standardized Herbal Products*. One World Press, Prescott, AZ; 1995

Lucas, RM. *Miracle Medicine Herbs*; Parker Publishing, USA; 1991

Nishimoto N. et al. Constituents of "Brazil ginseng" and some Pfaffia species. *Tennen Yuki Kagobutsu Toronkai Keon Yoshishu* 10, 17-24; Japan

Nishimoto N. et al. Three ecdysteroid blycosides from Pfaffia. *Phytochemistry*, 27 (6), 1665-8; 1988

Schwontkowski D. "Herbal Treasures from the Amazon", A series of three article; *Healthy & Natural Journal*; 1994, 1995

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.