

Tangarana™



Applications

- Microbial Support

Introduction

NutraMedix Tangarana™ is a hydro-ethanol extract made from **tangarana bark** (*Triplaris peruviana*), which belongs to the Polygonaceae family and is native to Peru.¹ *T. peruviana* is commonly known as tangarana,² tagkána,³ and *Biñiyoho*.⁴ It is also one of several species referred to as palo santo (holy wood), though *Bursera graveolens* and *Bulnesia sarmientoi* are the most known representatives.^{5,6}

There are 20 to 25 *Triplaris* spp. in Central and South America,^{7,8} with *T. americana* and *T. gardneriana* the most researched.⁷ *Triplaris* spp. are known for their flavonol content, and pharmacological data attributes much of their health support to these flavonols.⁷ *T. americana*, a species closely related to *T. peruviana*, contains flavonoids such as quercetin, phenolic compounds such as gallic acid, triterpenes such as friedelinol, the amide moupamide, and the glycoside vanicoside.⁹

Tangarana, a collective term for *Triplaris* spp., is traditionally used for microbial and gastrointestinal support.^{7,9,10-12} Many people in the Amazon region, including the Shipibo-Konibo, Aguaruna Jívaro, and Ese'Eja groups, rely on tangarana for health support.^{4,9,13}

NutraMedix Tangarana is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum

concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy-metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

Microbial Support

Tangarana bark and leaf infusions of the closely-related *Triplaris americana* are used ethnobotanically for microbial support, and in-vitro testing has verified their use for this purpose.^{7,9,14-17} *T. americana*, *T. peruviana*, and *T. gardneriana* are all considered strong candidates for microbial support,⁷ with alcoholic extracts associated with more robust microbial support.¹⁰

Safety and Cautions

Tangarana (*Triplaris* spp.) have a long history of ethnobotanical use in Central and South America, though more pharmacological research is needed. No adverse effects are known, and there are no currently known drug interactions.

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

References

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NutraMedix

SHAKE WELL BEFORE EACH USE:
Put 1 to 30 drops in 4 oz. (120 mL) of water and wait one minute before drinking. Start with 1 drop (30 min. before meals) increasing slowly up to 30 drops 2-4 times per day or as directed by your physician. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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TANGARANA™

**SUPPORTS HEALTHY
INFLAMMATORY RESPONSE †**

Dietary Supplement

1 fl oz. (30mL)

Supplement Facts

Serving Size 30 drops
Servings Per Container 20

Amount Per Serving	
<i>Triplaris peruviana</i> bark extract	1.5 mL*

*Daily Value not established

Other ingredients: mineral water, ethanol (20-24%)

NutraMedix

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Lot #
Exp.