

Camu-Camu is a Super Fruit with Many Health Benefits.

Camu-Camu is a tropical fruit native to the Amazon rainforests. And like many fruits coming out of the famed Brazilian/Peruvian rainforests, camu-camu has many health benefits. Counted among the emerging super fruits, camu-camu is a deep red or purple fruit that resembles the all-important and healthful berries of the Amazon.

Camu-Camu or myrciaria dubia as it is scientifically known, is a bush tree that grows wild along the river banks of the Amazon. Camu-Camu is harvested for its health benefits for local consumption in South America, as well as for export to Japan, a chief importer of camu-camu.

Although camu-camu is not a popular fruit in the US or Europe, it is slowly gaining popularity due to the newfound interest in tropical super fruits and alternative medicines. Camu-Camu benefits the health as it contains nutrients such as calcium, Vitamin C, flavanols particularly quercetin and ellagic acid, niacin B3, riboflavin B2, phosphorous, iron and amino acids such as leucine, serine and valine.

Of special interest is the high concentration of Vitamin C with Quercetin and Ellagic acid, more than 50 times the Vitamin C found in oranges. Vitamin C has many health benefits to the body.

1. Nutrients in Camu Camu promote mood balance
2. Vitamin C strengthens the immune system
3. Vitamin C is a key for normal adrenal function
4. Supports normal circulation and blood pressure
5. Vitamin C is a key heart and brain nutrient
6. Camu-camu is a powerful antioxidant
7. Camu-camu is effective during the cold and flu season
8. Camu-camu supports healthy red and white blood cell formation

Camu-Camu and immune health

The high Vitamin C content of Camu-camu makes it a powerful prevention tool. The US Department of Agriculture and the National Cancer Institute state that high Vitamin C consumption helps to prevent cancer associated with the colon, stomach, mouth, lung, esophagus and throat. So, eating Camu-camu will lower your risk of developing different kinds of cancers.

The health benefits of Camu-camu are great and wide ranging. Camu-camu is not yet popular in the U.S., but is sold as a powdered supplement in stores. However, if you look around Latin and Asian supermarkets, you are bound to find Camu-camu fruit on the market stands and reap the rewards of its many health benefits.