

CAMU CAMU (Myrciaria dubia)

Camu Camu - a fruit that is used in many areas of the Amazon basin, has between 30 to 60 times more vitamin C than citrus fruits such as lemons or oranges. May be you wonder why this excellent, wild fruit has fallen into the wider public consciousness only in the last years. But not so long time ago it was preparing to juice only locally. There is a reason why naturally the very tart and sour tasting fruit Camu Camu, begins to ferment very soon, if it's not immediately kept refrigerated or processed on site.

Only since the mid-nineties, Camu Camu is also grown by local people and not only collected, since this fruit is given great opportunities in the market. And not just because of their extremely high "vitamin C" content!

Although there are not yet available many scientific studies regarding their effects, we know from the experience of the locals and the first studies in the USA that camu camu in addition to its nutritional values virus-inhibiting effects, the organism from exposure to toxins such as nicotine and pharmaceutical products cleanses and also is good for migraines and depression. Also they say Vitamin C influence on the aging process. And of course, against what attacks us in the winter: flu.

In comparison to an orange our Camu Camu not only has 30-60 times more vitamin C, but also 10 times more trace elements like iron and twice as much phosphorus, contains still proteins, beta Carotin, calcium, Niacin (B3), riboflavin (B2) and Thiamin (B1). The new, strong interest in remedies from the nature leads meanwhile to a high inquiry.