



LabCat

The international division
of Laboratório Catarinense

where Nature and Science come together

PLANT EXTRACT

Paullinia cupana H.B.K.



GUARANA

Guarana, *Paullinia cupana* H.B.K., is a Brazilian plant from the Amazon region, whose seeds are used as a stimulant and general tonic. Among the different Guarana varieties, there is one called “**sorbilis**”, which means “drinkable”. It grows across tropical zones of America, especially in higher regions of the Amazon (mainly in Brazil and Venezuela), and in some parts of Paraguay and Uruguay. Its seeds are used to prepare a product known as “Guarana”, whose main active component is caffeine, a methylxanthine that gives the plant its pharmacological activity.

Guarana seeds are toasted and grinded, turning into a dark powder similar to coffee powder. This powder is added water in order to prepare a thick gray mash, which becomes dark red after drying. The darkening is due to oxidation. From this mash, sticks are produced, which are sold to the consumers.

The sticks are grinded to get a powder, which is used to prepare a beverage. Guarana has largely been used in Brazilian popular medicine, but is also consumed in a

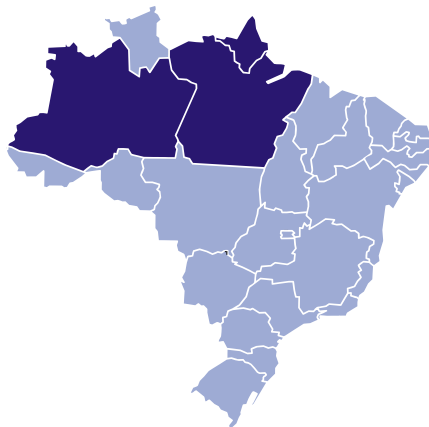
number of European countries. It has mainly been used for its physical and mental stimulant effects.

Guarana is used as psychostimulant and for temporary relief of physical and mental exhaustion, and therefore also as a component in various tonics.

Guarana positively influences impulse, mood, voluntary muscle movement, reaction time, and physical capacity, especially in cases of marked fatigue.

Guarana also provokes expansion of blood vessels (vasodilation) with the exception of cerebral vessels, which contract (vasoconstriction); increased diuresis, glycolysis and lipolysis; stimulation of hydrochloric acid production in the stomach.

Guarana seeds are very rich in purine bases, starch, and other sugars, while the integument is rich in fibers and pentosanes. The whole seed contains tannins and a little amount of essential oil.



Harvesting

JAN FEB **MAR** APR MAY JUN JUL AUG SEP OCT NOV DEC

Characteristics:

Guarana dry extract with min. 16% caffeine.

Benefits:

Increases alertness; energy boost; against fatigue. Central nervous stimulant. Physical and mental stimulant.

Applications:

Functional and sport drinks, soft drinks, juices, cereal bars, nutraceuticals, cosmetics.

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