

Camu Camu

Scientific name: *Myrciaria dubia* (Kunth) Mc Vaugh⁽¹⁾

Family: Myrtaceae⁽¹⁾

Popular names: camu camu, caçari, araçá d' água, Kamokamo^(1,2)

Used parts: Fruit.⁽¹⁾

Botanical characteristics: Camu camu is a tree or shrub that grows up to 3-6 m high in the dry, deciduous forest. It grows to a height of about 2-3 m and has large, feathery leaves. It produces round, light-orange colored fruits.^(1,2)

Habitat: Amazonian region⁽²⁾

Chemical composition: Ascorbic acid, citric acid, beta-carotene, calcium, iron, leucine, niacin, phosphorus, potassium, protein, riboflavin, serine, thiamin, valine^(1,2,3,4,5)

Indications: camu-camu has astringent, antioxidant, and anti-inflammatory properties.

Others information: Large doses of Vitamin C may cause overly acidic urine and diarrhea.

Uses: Occasionally eaten fresh, although the pulp is very acidic. It is usually used to flavor drinks, ice creams, sweets, and more. It is often used medicinally for its high vitamin C content and a variety of other reputed benefits.

References:

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4. OTAWA, T. *et. al.* Polyvinylpyrrolidone for preparing beverages from Kamokamo (*Myrciaria dubia*) fruit. **Jpn. Kokai Tokkyo Koho JP**, 1997, Jun, p. 4
5. ZAPATA, S. M.; DUFOUR, J. P. Camu-camu *Myrciaria dubia* (HBK) McVaugh: chemical composition of fruit. **J. Sci. Food .Agric.**, 1993., 61(3), p. 349-51