

# Pure Camu™ - Frequently Asked Questions

## What are the benefits of Pure Camu?

Pure Camu is an excellent source of natural vitamin C and important trace minerals and amino acids. Pure Camu also has anti-inflammatory and antioxidant properties.

## How often should Pure Camu be taken?

Pure Camu should be used everyday. Our body does not produce or store vitamin C, so we need to replenish it daily.

## Why is the nutrient content in Amazon Herb Company's Pure Camu so high?

Our camu camu trees produce fruit with higher nutrient value because they are grown in rich, organic Rainforest soil with no chemicals or fertilizers.

The soil is replenished each year when the ground floods and submerges the plants in water. When the water recedes, it leaves behind nutrient-rich organic matter.

## Can Pure Camu be added to a hot beverage?

It's best to dissolve Pure Camu in cold or lukewarm water. The benefits could be diminished if hot or boiling water is used.

## Do the benefits of Pure Camu diminish when left in a liquid for an extended period of time?

It is best to drink Pure Camu when it's fresh instead of letting it sit for a long time.