

## USE SUGGESTIONS

Many people enjoy the naturally **sweet, chocolaty flavor** of **Tropical Health Foods** carao. However, others dislike the strong smell and flavor, especially the first time it is tried.

Those who dislike the flavor of carao can try it mixed with **milk or milk substitute** (coconut, rice, soy milk), following the Costa Rican Carao Drink recipe given on the bottle label. Do not over-diluted in milk. Use at most one cup (236 ml) to 2 or 3 teaspoons carao.

### CARAO TEA RECIPE

Mix the following:

- 2 teaspoon carao
- 1 teaspoon bee's honey (can be omitted or replaced by another sweetener)
- 1 cup warm water (avoid boiling water)

### STORAGE

No refrigeration is required after opening. The expiration date is given on the label.

### HOW MUCH TO TAKE AND HOW OFTEN

#### ADULTS

- About **4 teaspoons per day**, usually in 2 doses of 2 teaspoons each (one teaspoon = 4.9 ml). At this rate, one bottle will last 18.5 days.  
**Adults MUST use for at least 36 days (2 bottles) to see results for anemia.**

#### CHILDREN

- Nursing infants can be given a total of one teaspoon per day, diluted in milk, divided into 2 or more doses.
- Children ages 2-4 should take about 2 teaspoons per day.
- Children 4-7 should take about 3 teaspoons per day.
- Children above 7 years of age can take up to the adult dose (4 teaspoons per day).

## A FEW USER REPORTS

"The carao syrup did wonders for me and saved me from a blood transfusion. When I started taking the syrup 6 weeks before giving birth my hemoglobin was 10.4, when it was checked when I was admitted to the hospital it was up to 13!!! It's never been 13! ... Carao fruit has been the only thing that has worked for me to build my blood and for that I am grateful. Yours in good health" ~ A. Y.

"I am 86 years old and have always been anemic. Now I have naturally red lips for the first time in my life. I take it twice a day. I am **very pleased and so thankful** that my Heavenly Father guided me to this natural remedy for anemia." ~ Gail, Florida

"This is the most amazing product I have ever used!! Several years ago I was very ill, and told I would need a blood transfusion due to female issues and anemia. I told the doctors I would find an alternative. They laughed at me. I ... found your product, and took 1 teaspoon twice per day. After being in bed most of the time for 6 weeks leading up to this, then taking your product for 1 week, I was well to go to Six Flags amusement park and ride all of the roller coasters multiple times all day. I have recommended this miraculous product to many people since then. Thank you so much!!! Blessings," ~ Cheryl, USA Feb. 7, 2014  
more: <http://www.naturalbloodhealth.com>

*Statements have not been evaluated by the US FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Information and statements are for educational purposes, not intended to replace the advice of your treating health professional.*



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**Carao fruit:**  **Amazing natural blood builder from the forests of Costa Rica.**

Since 2002, people from around the world have reported wonderful **blood health benefits** from carao, including:

- Increased energy level
- Improvement and correction of anemia from many causes (see inside)
- Improved athletic performance
- Reduction or elimination of symptoms of sickle cell
- Elimination of anemia in dogs and cats

These results and more are reported on the website <http://www.naturalbloodhealth.com>

*"Let food be thy medicine and medicine be thy food" ~Hippocrates*

# Carao Fruit: Blood-building Superfood from the Tropics

Carao (*miel de carao* in Spanish) has long been famous in Costa Rican folklore as a natural remedy for anemia. It may be one of **Central America's greatest natural health secrets**.

Carao fruit is reported to be effective for anemia caused by the following:

- iron deficiency
- excessive menstruation / blood loss
- kidney failure
- chemotherapy
- hemolytic anemia
- anemia of pregnancy
- sickle cell disease
- thalassemia minor and intermedia

## IMPORTANT FACTS

**1. Carao fruit is not a medicine**, but rather a natural food that naturally **builds the blood** for long-lasting benefits. **It does not treat or cure any of the many diseases which cause low blood values (anemia).**

**2. Carao fruit generally works fast.** Most people **feel** results (greater energy) in 10 days or even less. Low blood values (anemia) that are not

caused by disease are usually measurably improved in **4-5 weeks** (2 bottles). For anemia caused by chronic disease, improvement in blood values usually takes about **2 months** (4 bottles).

**3. Carao fruit is low in iron.** It doesn't produce the unpleasant side effects of iron (constipation, indigestion).

**4. Carao for anemia is supported by studies.** Dr. Luis Carmona, M.D., concluded in May, 2004: "**By a mechanism that is not very clear...it helps correct anemia.**" Also, in Dec., 2004, a distinguished medical journal published a **peer-reviewed study** on the effectiveness of carao for anemia in laboratory animals. Finally, years of clinical use at Sokoto State Specialist Hospital in Nigeria prompted Dr. Attahiru I. Sokoto to call carao a "**new dawn in the management of sickle cell disease and anemia.**"

**5. Carao fruit has no known side effects.**

**6. Use of carao fruit can be combined with medical treatment**, as long as sweet foods in small quantity are permitted.

**7. Carao is well-tolerated by diabetics.**



Brilliant carao flowers



Ripe carao pods

