**Myrciaria dubia** L. *The species*

**Also known as:**
Camu-camu, caçari, araçá-d’água, azedinho.

**Geography**
Found in north and western Amazonian countries including Brazil and Peru.

**The tree**
4-8 m
Maturity before yields 5 years

**Fruit**
Is used to prepare juices, jams, ice creams, carbonated soft drinks, nectars and vinegar. Its pulp can also be used in a variety of skincare products including face masks, as the antioxidants and vitamin C help to tighten the skin.

**Camu-camu** *The fruit*

**Vitamin C**
Energy: 26 kcal per 100g EP

**Characteristics**
Camu-camu has one of the highest vitamin C concentrations of any fruit on earth, between 30–60x more than the same serving of oranges. It is also a rich source of antioxidants and minerals. However, its strong acidity means that it is rarely eaten raw.

**Other Uses**
This fruit is considered to have one of the highest potentials for commercialization in the Amazon. Its pulp and powder has been shown to have antimicrobial, anti-inflammatory, antimalarial and hepatoprotective (for a healthy liver) properties.

**Because of the growing global demand**
for camu-camu, it is a good cash-crop for smallholder agroforesters and fishermen who harvest the wild fruits from their canoes during the Amazon flood season.

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