



Guarana

Updated: January 28, 2023.

OVERVIEW

Introduction

Guarana is an extract of roasted and pulverized seeds of the plant *Paullinia cupana* which is indigenous to the Amazon Basin and whose major active components are caffeine and other xanthine alkaloids such as theophylline and theobromine. Guarana has been used as a stimulant and tonic to treat fatigue, decrease hunger and thirst and for headaches and dysmenorrhea. In conventional doses, guarana has few side effects and has not been linked to episodes of liver injury or jaundice.

Background

Guarana is derived from the seeds of the plant *Paullinia cupana* which is native to the Amazon Basin and is cultivated as a source of guarana and caffeine in South America. The *P. cupana* seeds contain a high concentration of caffeine (2% to 8%), far higher than in coffee beans (1% to 3%). The seeds are also rich in other xanthine alkaloids such as theophylline and theobromine as well as catechins, epicatechins and procyanidins. Guarana is produced by shelling and washing the seeds, followed by drying or roasting. The seeds are then pulverized into a powder that can be used as a food favoring, to prepare tea or as a component in energy drinks or multiingredient dietary supplements. Guarana has caffeine like effects on the heart, vasculature and central nervous system. In traditional medicine, guarana was used as a stimulant, mild diuretic and as a tonic to increase wakefulness, quell hunger and thirst, and to treat headaches, dysmenorrhea and digestive disorders. More recently, guarana has been purported to have beneficial effects on energy and endurance, as a weight loss agent, and for cognitive enhancement to increase concentration and memory. While guarana may have a mild effect on energy levels, cognition and satiety, these are generally short-lived and have minimal lasting clinical effects. In high doses, guarana can cause tremor, jitteriness, agitation, confusion, hypertension and dehydration. Most of its beneficial effects as well as its side effects can be explained by its caffeine content. Guarana is available in tablets and capsules, as liquid and in multiple commercial multiingredient supplements, particularly weight loss products and energy drinks. Daily doses range from 200 to 1000 mg daily. The use of multiple herbal products containing guarana and other sources of caffeine can result in caffeine toxicity.

Hepatotoxicity

In small studies on guarana, there were no reports liver injury or serum enzyme elevations during treatment. Despite extensive use, guarana has not been convincingly linked to cases of clinically apparent liver injury. In large case series of drug- and HDS-related liver injury, guarana is not listed as implicated even in a single case. Use of high doses of guarana given long term in persons with preexisting liver disease or cirrhosis is discouraged.

Likelihood score: E (unlikely cause of clinically apparent liver injury).

Mechanism of Injury

The mechanism by which guarana might cause liver injury is unknown. Guarana is found in many multiingredient dietary supplements and energy drinks, and it is sometimes one of many ingredients in products implicated in causing liver injury. The contribution of guarana to these cases is, however, not particularly likely.

Drug Class: [Herbal and Dietary Supplements](#)

Other names: Paullinia cupana.

PRODUCT INFORMATION

REPRESENTATIVE TRADE NAMES

Guarana – Generic

DRUG CLASS

Herbal and Dietary Supplements

SUMMARY INFORMATION

[Fact Sheet at MedlinePlus, NLM](#)

CHEMICAL FORMULA AND STRUCTURE

DRUG	CAS REGISTRY NUMBER	MOLECULAR FORMULA	STRUCTURE
Guarana	84929-28-2	Herbal	Not Applicable

ANNOTATED BIBLIOGRAPHY

References updated: 28 January 2023

Abbreviations: HDS, herbal and dietary supplements.

Zimmerman HJ. Unconventional drugs. Miscellaneous drugs and diagnostic chemicals. In, Zimmerman, HJ. Hepatotoxicity: the adverse effects of drugs and other chemicals on the liver. 2nd ed. Philadelphia: Lippincott, 1999: pp. 731-4.

(Expert review of hepatotoxicity published in 1999; several herbal medications are discussed, but not guarana).

Liu LU, Schiano TD. Hepatotoxicity of herbal medicines, vitamins and natural hepatotoxins. In, Kaplowitz N, DeLeve LD, eds. Drug-induced liver disease. 2nd ed. New York: Informa Healthcare USA, 2007, pp. 733-54.

(Review of hepatotoxicity of herbal and dietary supplements [HDS] published in 2007; no mention of guarana).

Guarana. In, PDR for Herbal Medicines. 4th ed. Montvale, New Jersey: Thomson Healthcare Inc. 2007: pp. 425-8.

(Compilation of short monographs on herbal medications and dietary supplements).

Jacobsson I, Jönsson AK, Gerdén B, Hägg S. Spontaneously reported adverse reactions in association with complementary and alternative medicine substances in Sweden. *Pharmacoepidemiol Drug Saf.* 2009;18:1039-47. PubMed PMID: 19650152.

(Review of 778 spontaneous reports of adverse reactions to herbals to Swedish Registry found no attributed to guarana).

Reuben A, Koch DG, Lee WM; Acute Liver Failure Study Group. Drug-induced acute liver failure: results of a U.S. multicenter, prospective study. *Hepatology*. 2010;52:2065–76. PubMed PMID: 20949552.

(Among 1198 patients with acute liver failure enrolled in a US prospective study between 1998 and 2007, 133 [11%] were attributed to drug induced liver injury of which 12 [9%] were due to herbals, including several herbal mixtures, usnic acid, Ma Huang, black cohosh, and Hydroxycut, but not guarana).

Stickel F, Kessebohm K, Weimann R, Seitz HK. Review of liver injury associated with dietary supplements. *Liver Int*. 2011;31:595–605. PubMed PMID: 21457433.

(Review of current understanding of liver injury from herbals and dietary supplements focusing upon Herbalife and Hydroxycut products, green tea, usnic acid, noni juice, Chinese herbs, vitamin A and anabolic steroids; guarana is not discussed).

Teschke R, Wolff A, Frenzel C, Schulze J, Eickhoff A. Herbal hepatotoxicity: a tabular compilation of reported cases. *Liver Int*. 2012;32:1543–56. PubMed PMID: 22928722.

(A systematic compilation of all publications on the hepatotoxicity of specific herbals identified 185 publications on 60 different herbs, herbal drugs and supplements, but does not list or mention horsetail).

Björnsson ES, Bergmann OM, Björnsson HK, Kvaran RB, Olafsson S. Incidence, presentation and outcomes in patients with drug-induced liver injury in the general population of Iceland. *Gastroenterology*. 2013;144:1419–25. PubMed PMID: 23419359.

(In a population based study of drug induced liver injury from Iceland, 96 cases were identified over a 2 year period, 15 of which [16%] were attributed to HDS products, but none were listed as containing guarana).

Bunchorntavakul C, Reddy KR. Review article: herbal and dietary supplement hepatotoxicity. *Aliment Pharmacol Ther*. 2013;37:3–17. PubMed PMID: 23121117.

(Systematic review of literature on HDS associated liver injury does not mention guarana).

Navarro VJ, Seeff LB. Liver injury induced by herbal complementary and alternative medicine. *Clin Liver Dis*. 2013;17:715–35. PubMed PMID: 24099027.

(Review of the epidemiology, regulatory status, diagnosis, pathogenesis and causes of liver injury from herbal products with specific discussion of conjugated linoleic acid, ephedra, germander, green tea, usnic acid, flavocoxid, aloe vera, chaparral, greater celandine, black cohosh, comfrey, kava, skullcap, valerian, noni juice, pennyroyal and traditional herbal remedies).

Navarro VJ, Barnhart H, Bonkovsky HL, Davern T, Fontana RJ, Grant L, Reddy KR, et al. Liver injury from herbals and dietary supplements in the U.S. Drug-Induced Liver Injury Network. *Hepatology*. 2014;60:1399–408. PubMed PMID: 25043597.

(Among 839 cases of liver injury from drugs collected in the US between 2004 and 2013, 130 were due to HDS products, including 45 from body building agents [probably anabolic steroids] and 85 from diverse HDS products but no case was attributed specifically to guarana).

Martins SPDS, Ferreira CL, Del Giglio A. Placebo-controlled, double-blind, randomized study of a dry guarana extract in patients with head and neck tumors undergoing chemoradiotherapy: effects on fatigue and quality of life. *J Diet Suppl*. 2017;14:32–41. PubMed PMID: 27322597.

(Among 60 adults with head and neck carcinoma undergoing radiotherapy and cisplatin chemotherapy treated with either guarana [25 mg] and placebo twice daily for 6 weeks, there was no difference in fatigue scores or quality of life changes between the two groups and no differences in adverse event rates or types).

Brown AC. Liver toxicity related to herbs and dietary supplements: Online table of case reports. Part 2 of 5 series. *Food Chem Toxicol*. 2017;107:472–501. PubMed PMID: 27402097.

(Description of an online compendium of cases of liver toxicity attributed to HDS products, does not list or discuss guarana).

Medina-Caliz I, Garcia-Cortes M, Gonzalez-Jimenez A, Cabello MR, Robles-Diaz M, Sanabria-Cabrera J, Sanjuan-Jimenez R, et al; Spanish DILI Registry. Herbal and dietary supplement-induced liver injuries in the Spanish DILI Registry. *Clin Gastroenterol Hepatol*. 2018;16:1495–1502. PubMed PMID: 29307848.

(Among 856 cases of hepatotoxicity enrolled in the Spanish DILI Registry between 1994 and 2016, 32 were attributed to herbal products, the most frequent cause being green tea [n=8] and Herbalife products [n=6], while no case was attributed to guarana).

Patrick M, Kim HA, Oketch-Rabah H, Marles RJ, Roe AL, Calderón AI. Safety of guarana seed as a dietary ingredient: a review. *J Agric Food Chem*. 2019;67:11281–11287. PubMed PMID: 31539257.

(Review of the phytochemistry and safety of guarana concludes that it is not associated with any health risk when taken in doses 75 to 1200 mg of extract daily, that high doses can be associated with tachycardia, anxiety, agitation and gastrointestinal intolerance, symptoms typical of caffeine overdose; no mention of ALT elevations or hepatotoxicity).

Ballotin VR, Bigarella LG, Brandão ABM, Balbinot RA, Balbinot SS, Soldera J. Herb-induced liver injury: Systematic review and meta-analysis. *World J Clin Cases*. 2021;9:5490–5513. PubMed PMID: 34307603.

(Systematic review of the literature on herb induced liver injury identified 446 references describing 936 cases due to 79 different herbal products, the most common being He Shou Wu [91], green tea [90] Herbalife products [64], kava kava [62] and greater celandine [48]; guarana was not implicated in any cases).

de Araujo DP, Pereira PTVT, Fontes AJC, Marques KDS, de Moraes ÉB, Guerra RNM, Garcia JBS. The use of guarana (*Paullinia cupana*) as a dietary supplement for fatigue in cancer patients: a systematic review with a meta-analysis. *Support Care Cancer*. 2021;29:7171–7182. PubMed PMID: 34146166.

(Systematic review of the safety and efficacy of guarana in treating fatigue in patients with cancer identified 7 studies of 383 patients, among whom guarana and placebo had similar effects on fatigue, depression, sleep, anxiety and quality of life and both had similar rates of adverse events [tachycardia, insomnia, nausea and anxiety]; no mention of ALT elevations or hepatotoxicity).

Bessone F, García-Cortés M, Medina-Caliz I, Hernandez N, Parana R, Mendizabal M, Schinoni MI, et al. Herbal and dietary supplements-induced liver injury in Latin America: experience from the LATINDILI Network. *Clin Gastroenterol Hepatol*. 2022;20:e548–e563. PubMed PMID: 33434654.

(Among 367 cases of hepatotoxicity enrolled in the Latin American DILI Network between 2011 and 2019, 29 [8%] were attributed to herbal products, the most frequent being green tea [n=7], Herbalife products [n=5] and garcinia [n=3], while guarana was not implicated in any cases).

Torres EAFS, Pinaffi-Langley ACDC, Figueira MS, Cordeiro KS, Negrão LD, Soares MJ, da Silva CP, et al. Effects of the consumption of guarana on human health: A narrative review. *Compr Rev Food Sci Food Saf*. 2022;21:272–295. PubMed PMID: 34755935.

(Extensive review of the chemical composition of guarana, its pharmacology, biologic effects in vitro and in animal models, efficacy in human studies of mental health, depression, dyslipidemia, diabetes, obesity and cancer, and its safety and tolerability; no mention of ALT elevations during therapy or hepatotoxicity).

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Medically reviewed by Kim Chin, RD, Nutrition — Written by Ryan Raman, MS, RD — Updated on September 30, 2024

11 Health Benefits of Guarana

Antioxidants | Reducing fatigue | Learning | Weight loss

11 Health Benefits of Guarana

- Antioxidants
- Reducing fatigue
- Learning
- Weight loss
- Diarrhea and constipation
- Heart health
- Pain relief
- Skin
- Antibacterial properties
- Eye disorders
- Few side effects
- Takeaway

Guarana is a plant used medicinally by Amazonian tribes for centuries. It's found in many energy and soft drinks and may have benefits such as helping reduce fatigue, boost brain health, and protect the heart.

Guarana is a Brazilian plant native to the Amazon basin. Also known as Paullinia cupana, it's a climbing plant prized for its fruit.

A mature guarana fruit is about the size of a coffee berry. It resembles the human eye, with a red shell encasing a black seed covered by a white aril. Guarana extract stems from processing the seeds into a powder.

Amazonian tribes have used guarana for centuries for its therapeutic properties.

It contains an impressive range of stimulants, such as caffeine, theophylline, and theobromine. Guarana also boasts antioxidants, such as tannins, saponins, and catechins.

Currently, the beverage industry uses 70% of guarana produced in soft and energy drinks, while the remaining 30% is turns into powder.

Here are 11 benefits of guarana, all supported by science.

1. Rich in antioxidants

Guarana contains Trusted Source compounds with antioxidant properties. These include caffeine, theobromine, tannins, saponins, and catechins.

Antioxidants are important because they neutralize potentially harmful molecules called free radicals. These molecules can interact with parts of your cells and cause damage linked to aging, heart disease, cancers, and other diseases.

Caco-2 cell and in vitro research published in 2022 showed that guarana's antioxidant properties may defend against cholesterol concentration in the body and overall aid the clinical management of cardiovascular diseases.

Summary

Guarana contains caffeine, theobromine, tannins, saponins, catechins and other compounds that have antioxidant properties.

2. Can reduce fatigue and improve focus

Guarana is best known as an ingredient in popular energy drinks. It's an excellent source of caffeine, which helps Trusted Source you maintain focus and mental energy.

Caffeine works by blocking the effects of adenosine, a compound that helps your brain relax. It binds to adenosine receptors, preventing them from being activated.

Summary

Guarana is rich in caffeine, which can reduce fatigue and improve focus. Caffeine blocks the effects of adenosine, a compound that makes you feel drowsy and helps your brain relax.

3. May help you learn better

A 2023 review of research Trusted Source indicated that guarana given over a short period may have an impact on cognitive performance. However, researchers note that it's unknown if that impact is due to substances in guarana, such as caffeine.

They recommend additional research that involves a more in-depth look at those specific substances, including using equal doses of each when evaluating their effect on cognitive performance.

Summary

Low doses of guarana may aid cognitive performance.

4. May promote weight loss

According to the Centers for Disease Control and Prevention (CDC) Trusted Source, an estimated 2 in 5 adults living in the United States has obesity.

Obesity is a growing concern and is linked to many chronic diseases, including heart disease, type 2 diabetes, and cancer. Guarana may have properties that help promote weight loss.

A 2019 study^{Trusted Source} involved feeding rats either a Western or low fat diet with or without guarana supplementation over 18 weeks.

Results showed eating patterns with guarana supplementation prevented biological effects such as weight gain, insulin resistance, and adipokine dysregulation, which is a condition that leads to obesity and cardiovascular issues.

However, guarana's effects on fat cell production as well as overall safety in humans remain unclear.

Summary

Guarana contains caffeine, which may aid weight loss by boosting metabolism. It has also been found to suppress genes that aid fat cell production and promote genes that slow it down. However, more human-based studies are necessary.

5. May relieve chronic diarrhea and treat constipation

People in various parts of the world use guarana as a natural stomach tonic to treat digestive problems like chronic diarrhea and constipation. It may have anti-diarrhea properties because it's rich in tannins or plant-based antioxidants.

On the other hand, guarana is rich in caffeine, which may act as a natural laxative.

Caffeine stimulates peristalsis, which activates^{Trusted Source} contractions in your intestines and colon muscles. This may relieve constipation by pushing contents to the rectum.

Low doses of guarana do not provide much caffeine, so they are more likely to have an anti-diarrhea effect. High doses provide more caffeine and may have laxative effects.

Summary

The caffeine in guarana may relieve constipation by stimulating contractions in your intestines and colon that push contents toward the rectum.

6. May boost heart health

The CDC reports that heart disease is responsible for 1 in 5 deaths^{Trusted Source} in the United States. Guarana may reduce the risk of heart disease in two ways.

First, guarana's antioxidants may aid blood flow and prevent blood clots.

Second, in vitro and in Caco-2 cellular research published in 2022 indicates that guarana may decrease LDL "bad" cholesterol oxidation. Oxidized LDL cholesterol can contribute to plaque buildup in your arteries.

Summary

Guarana may aid heart health by improving blood flow and preventing blood clots. Research also indicates that it may be helpful in decreasing the oxidation of LDL "bad" cholesterol.

7. May provide pain relief

Historically, Amazonian tribes used guarana as a pain reliever. Its pain-relieving properties are due to its high caffeine content.

Caffeine plays a role in pain management by binding and blocking adenosine receptors. Two of these receptors, A1 and A2a, stimulate feelings of pain.

When caffeine binds to these receptors, it can reduce sensations of pain.

This is one reason caffeine is commonly found in many over-the-counter pain relief medications. Studies have shown it can significantly enhance their effects.

Summary

The caffeine in guarana may provide pain relief by blocking adenosine receptors, which stimulate feelings of pain.

8. May improve skin appearance

Due to its strong antioxidant and antimicrobial properties, guarana is popular in the cosmetics industry as an ingredient in creams, lotions, soaps, and hair products.

Moreover, its caffeine content may aid blood flow to the skin. Caffeine is metabolized in the body into certain pharmacologic agents, such as theobromine. Theobromine expands blood vessels, increasing blood flow, which is important for the skin's function. However, higher quality studies are still necessary to fully determine the effects of caffeine on the skin.

Summary

Guarana has antioxidant and antimicrobial properties, making it a common additive in cosmetic products. It may aid blood flow to your skin.

9. Has antibacterial properties

Guarana contains many compounds that may inhibit or kill harmful bacteria. One bacteria type is *Escherichia coli* (*E. coli*), which lives in the intestines of humans and animals. Most *E. coli* bacteria are harmless, but some can cause diarrhea or illness.

Summary

Guarana contains compounds that may inhibit or kill harmful bacteria, such as *E. coli*.

10. May protect against age-related eye disorders

Vision changes often occur during the natural aging process. Sunlight, dietary issues, and certain lifestyle choices, such as smoking, can negatively affect your eyes over time and increase your risk of eye-related disorders.

Guarana contains compounds that fight oxidative stress, a major risk factor for age-related eye disorders like macular degeneration, cataracts, and glaucoma.

One 2017 study found that people who regularly consumed guarana had better self-reported vision than those who consumed it sparingly.

That said, limited research exists on guarana and age-related eye disorders. More human-based studies are necessary.

Summary

Studies have found that guarana may defend against oxidative stress, which links to age-related eye disorders. However, there are limits to this area of research, so more human-based studies are necessary before providing recommendations.

11. Safe with few side effects

Guarana has an excellent safety profile and is widely available.

ResearchTrusted Source shows that guarana has low toxicity in low to moderate doses.

In high doses, guarana may cause side effects similar to those of excessive caffeine intake, including:

heart palpitations

insomnia

headaches

seizures

anxiety

nervousness

upset stomach

shakiness

It's worth noting that caffeine can be addictive, and in high doses, it can lead to dependency.

Pregnant people should avoid or limit guarana intake, as caffeine can crossTrusted Source the placenta. Too much caffeine may cause growth abnormalities in your child or increase the risk of miscarriage.

Summary

Guarana appears to be safe and is widely available. In high doses, it may have similar side effects to those of excessive caffeine intake.

Takeaway

Guarana is a popular ingredient in many energy and soft drinks. Amazonian tribes have used it for its therapeutic effects for centuries.

Guarana is commonly touted for its ability to reduce fatigue, boost energy, and aid learning and memory. It also links to better heart health, weight loss, pain relief, healthier skin, lower cancer risk, and a decreased risk of age-related eye diseases.

It's widely available as a supplement and can be easily added to your diet. Whether you want to boost your energy levels or improve your overall health, guarana may be worth trying.

When considering any type of supplementation, it's important to talk with a healthcare professional to learn more about whether it's a suitable and safe option for you.