

# Noni Juice

**Is it science,  
or is it a  
fairy tale?**



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**Also known as:**

Hog apple, wild pine, Morinda citrifolia, Indian mulberry, mengkoedoe, mora de la India, ruibarbo, caribe.

**What is it?**

The juice is from the Morinda plant, a green plant native to Asia, Australia, and Polynesia.

**Adverse Reactions:**

Morinda citrifolia is listed in the Food and Drug Administration's unofficial Poisonous Plant Database. Information is obtained from current literature and lists those plants that may have harmful effects in man or animals. Neither safety nor effectiveness has been shown.

**Safety and Effectiveness:**

The fruit of Morinda citrifolia can be eaten.

**History of use:**

The fruit of the Morinda plant has been used for years by Polynesian healers for a number of health problems including: sugar diabetes, high blood pressure, joint pain and aging. Today, the product can be found as a juice, dried fruit or powder. People use it to treat heart problems, for joint pain, headache, stomach, and liver problems. Modern writings claim that it helps the immune system fight cancer and parasites. Parts of the Morinda plant show promise against parasites and as a calming agent. Studies in mice with a certain type of lung cancer have lived longer, mostly as a result of Morinda acting on the immune system. No studies of its effect on cancer or HIV have been performed on humans.

