

Noni

This fact sheet provides basic information about noni—common names, uses, potential side effects, and resources for more information. Noni is an evergreen shrub or small tree that grows throughout the tropical regions of the Pacific Ocean, from Southeast Asia to Australia and especially in Polynesia. Noni has been traditionally used in Polynesia as a dye.

Common Names—noni, morinda, Indian mulberry, hog apple, canary wood

Latin Name—*Morinda citrifolia*

What It Is Used For

- Noni has a history of use as a topical preparation for joint pain and skin conditions.
- Today, people drink noni fruit juice as a general health tonic, as well as for cancer and chronic conditions such as cardiovascular disease and diabetes.

How It Is Used

- Traditionally, the leaves and fruit of noni have been used for health purposes.
- Today, the fruit is most commonly combined with other fruits (such as grape) to make juice. Preparations of the fruit and leaves are also available in capsules, tablets, and teas.

What the Science Says

- In laboratory research, noni has shown antioxidant, immune-stimulating, and tumor-fighting properties. These results suggest that noni may warrant further study for conditions such as cancer and cardiovascular disease. However, noni has not been well studied in people for any health condition.
- Recent NCCAM-funded research includes a study on noni for cancer to determine its safety and potential effects on tumors and symptoms. The National Cancer Institute is funding preliminary research on noni for breast cancer prevention and treatment.

Side Effects and Cautions

- Noni is high in potassium. People who are on potassium-restricted diets because of kidney problems should avoid using noni.
- Several noni juice manufacturers have received warnings from the U.S. Food and Drug Administration about making unsubstantiated health claims.
- Although there have been few reported side effects from using noni, its safety has not been adequately studied.

- There have been reports of liver damage from using noni. It should be avoided if you have liver disease because it contains compounds that may make your disease worse.
- Tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

Sources

Morinda. Natural Medicines Comprehensive Database Web site. Accessed at <http://www.naturaldatabase.com> on February 7, 2007.

Noni (*Morinda citrifolia*). Natural Standard Database Web site. Accessed at <http://www.naturalstandard.com> on February 7, 2007.

Pawlus A, Bao-Ning S, Kinghorn A. Noni (*Morinda citrifolia*). In: Coates P, Blackman M, Cragg G, et al., eds. *Encyclopedia of Dietary Supplements*. New York, NY: Marcel Dekker; 2005:1-8.

Mueller BA, Scott MK, Sowinski KM, et al. Noni juice (*Morinda citrifolia*): hidden potential for hyperkalemia? *American Journal of Kidney Disease*. 2000;35(2):310-312.

For More Information

Visit the NCCAM Web site at nccam.nih.gov and view:

- *What's in the Bottle? An Introduction to Dietary Supplements* at nccam.nih.gov/health/bottle/
- *Herbal Supplements: Consider Safety, Too* at nccam.nih.gov/health/supplement-safety/

NCCAM Clearinghouse

Toll-free in the U.S.: 1-888-644-6226

TTY (for deaf and hard-of-hearing callers): 1-866-464-3615

E-mail: info@nccam.nih.gov

CAM on PubMed

Web site: nccam.nih.gov/camonpubmed/

NIH Office of Dietary Supplements

Web site: www.ods.od.nih.gov

This publication is not copyrighted and is in the public domain. Duplication is encouraged.

NCCAM has provided this material for your information. It is not intended to substitute for the medical expertise and advice of your primary health care provider. We encourage you to discuss any decisions about treatment or care with your health care provider. The mention of any product, service, or therapy is not an endorsement by NCCAM.

National Institutes of Health



U.S. Department of Health and Human Services

