

contractions. Sweetened leaf decoction drunk for venereal diseases. Juice of the leaves consumed for constipation, hiccups, and worms. Juice of ripe fruit regarded as antiscorbutic, cholagogue, diaphoretic, refrigerant, and useful in jaundice. Young vegetative buds are used for respiratory ailments among Choco children.⁶⁰

Per 100 g the fruit is reported to contain 47 to 52 calories, 85.3 to 87.0 g H₂O, 0.4 to 0.7 g protein, 0.2 to 0.3 g fat, 11.6 to 13.7 g total carbohydrate, 0.4 to 0.5 g fiber, 0.3 to 0.4 g ash, 17 to 18 mg Ca, 8 to 12 mg P, 0.5 mg Fe, 1 to 2 mg Na, 125 to 146 mg K, 32 to 42 µg beta-carotene equivalent, 0.06 to 0.08 mg thiamine, 0.03 to 0.04 mg riboflavin, 0.2 to 0.3 mg niacin, and 17 to 61 (to 96) mg ascorbic acid.²¹ Cultivars may contain 1 to 5% citric acid (wild forms up to 8.6%), ca. 3.5% invert sugars, 7.5% saccharose, approaching 15% at maturity. Also reported are vanillin, methyl-*n*-propyl ketone, *n*-valerianic acid, isocaproic acid, acrylic acid, L(-)-malic acid, beta-methylthiopropionic acid methyl ester (and ethyl ester), 5-hydroxytryptamine, quinic acid-1,4-di-*p*-coumarin (my translation).³³ The aromatics from the essential oils of the fruit include methanol, ethanol, *n*-propanol, isobutanol, *n*-pentanol, ethyl acetate, ethyl-*n*-butyrate, methylisovalerianate, methyl-*n*-capronate, methyl-*n*-caprylate, *n*-amyl-*n*-capronate, ethyl lactate, methyl-beta-methylthiolpropionate, ethyl-beta-methylthiolpropionate, and diacetyl, acetone, formaldehyde, acetaldehyde, furfural, and 5-hydroxy-2-methylfurfural.³³ Steroid fractions of the lower leaves possess estrogenic activity.³³

Toxicity — Workers who cut up pineapples have their fingerprints almost completely obliterated by pressure and the keratolytic effect of bromelain (calcium oxalate crystals and citric acid were excluded as the cause). The recurved hooks on the leaf margins can painfully injure one. Mitchell and Rook also restated earlier work on “pineapple estate pyosis” occurring in workers who gather the fruits, probably on acarus infestation with secondary bacterial infection. Angular stomatitis can result from eating the fruit. Ethyl acrylate, found in the fruits, produced sensitisation in 10 of 24 subjects “by a maximisation test.” Ethyl acrylate is used in creams, detergents, food, lotions, perfumes, and soaps.⁶ In “therapeutic doses”, bromelain may cause nausea, vomiting, diarrhea, skin rash, and menorrhagia.²⁹ Watt and Breyer-Brandwijk³ restate a report, unavailable to me, of unusual toxic symptoms following ingestion of the fruit, heart failure with cyanosis and ecchymoses, followed by collapse and coma and sometimes death.³ Morton adds that unripe pineapple is poisonous, causing violent purgation.¹⁷