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*Aniba coto*

[Synonyms : *Nectandra coto*]

**COTO** is a tree. It is native to Bolivia.

It is also known as Coto bark, and Paracoto.

Warning – the bark is poisonous. It can cause violent pain and vomiting, and can also cause skin irritation.

Medicinally, coto has been used in Brazil to treat rheumatism. The bark of this poisonous plant has, in the past, been employed to treat dysentery, diarrhoea and catarrh. It has also been used as an alternative to quinine (*Cinchona officinalis*).