



P-X

Stock #1234-5 (100 capsules)

P-X is regarded as a urinary system tonic, focusing special emphasis on the prostate gland. P-X contains herbs which relieve inflammation, pain, and swelling, and fight infection. P-X stimulates peripheral circulation and urine flow, increases the production of mucosal fluids to soothe irritated tissues and flush irritants and toxins out of the body. P-X also improves digestion, neutralizes excess acidity, dissolves stones, promotes healing, and even reduces blood sugar levels.

P-X is helpful for treating cystitis, dysuria, edema, kidney infections and inflammation, nephritis, prostatitis, urinary dysfunction, urinary stones, and urinary tract infections. P-X is also beneficial for arthritis, colitis, diabetes, diarrhea, dyspepsia, gastric ulcers, gastritis, and rheumatism.

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum has been found to effectively stimulate production of digestive and mucosal fluids, soothe inflammation, enhance the removal of toxins from the body, and relieve gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence, and even diarrhea. Capsicum's antiseptic properties have been proven active against various gastrointestinal pathogens (disease-causing agents). Capsicum has been found beneficial for numerous ailments, including arthritis, cardiovascular disease, vascular headaches, impotence (resulting from venous insufficiency), infections, kidney problems, menstrual complaints, respiratory conditions such as asthma and pleurisy, thyroid dysfunction, and gastric ulcers.

Ginger contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. According to Chinese medicine, ginger focuses its warming properties downward, toward the lower extremities, including the colon, kidneys, legs, ovaries, prostate, and vagina.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant and laxative, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Golden seal is recommended for numerous gastrointestinal disorders, including colitis, enteritis, gastritis, hemorrhoids, intestinal infections, and peptic ulcers. Berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties. Furthermore, golden seal has been found to potentiate insulin and have a hypoglycemic effect which is beneficial for diabetics.

Juniper berries contain strong antiseptic, anti-inflammatory, analgesic (pain-relieving) properties which are helpful for treating infections, especially within the urinary tract. Juniper berries are an effective natural diuretic and have been found to be especially beneficial for problems of the bladder, kidneys, and prostate. Juniper berries are effective at fighting both bacterial and yeast infections, as well as chronic prostate and urinary tract infections in men with benign prostatic hypertrophy (BPH), also referred to as enlarged prostate. Juniper berries are commonly recommended for arthritis, colic, cystitis, dysuria, edema, flatulence, gout, kidney inflammation, kidney stones, poor digestion, rheumatism, sinusitis, ulcers, and urethritis. Furthermore, juniper berries are a rich source of chromium and have been used to treat blood sugar imbalances, especially diabetes.

Marshmallow increases the production of mucosal fluids which soothes inflamed tissues and helps heal both internal and external inflammatory conditions. Marshmallow is commonly used for bronchial asthma, shortness of breath, wheezing, and other respiratory complaints. Marshmallow is especially beneficial for soothing and protecting mucous membranes and for counteracting excess stomach acid, gastritis, hiatal hernias, and peptic ulcers. Marshmallow is recommended for most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination, and urinary tract infection. Marshmallow is also considered mildly laxative, and is often used for various intestinal problems, including colitis, diverticulitis, enteritis, irritable bowel syndrome, and regional ileitis. Recent research indicates a possible reduction in blood sugar levels using marshmallow, which could be of

benefit to diabetics.

Parsley stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Such action makes parsley useful for arthritis, cystitis, dyspepsia, gastritis, gout, jaundice, other liver and spleen ailments, and rheumatic conditions. Parsley helps tone the urinary system and has been used effectively for almost any type of kidney and urinary problems, including dysuria, edema, mucus in the bladder, nephritis, prostatitis, swollen breasts and glands, and urinary tract infections. Parsley also helps with stones in the bladder, gall bladder, or kidneys.

Queen of the meadow contains phenolic glycosides called salicylates—aspirin-like substances which provide anti-inflammatory and analgesic (pain-relieving) properties, especially in the joints. Queen of the meadow contains tannins and other active constituents which, combined with salicylates, help soothe inflammation of and protect the mucosal lining of the gastrointestinal tract. Research shows queen of the meadow exhibits antimicrobial activity against pathogens which cause diphtheria, dysentery and pneumonia, and also acts as a natural antacid, astringent and diuretic. In fact, queen of the meadow is considered one of the most effective phytomedicines for treating gastritis, heartburn, hyperacidity, and peptic ulcers. Queen of the meadow is also used for arthritis, cystitis, influenza, irritable bowel syndrome, and rheumatism. This herb is not recommended for individuals with hypersensitivity to aspirin.

Numerous studies have outlined the effect of **Siberian ginseng** on mental and physical behavior, and its action as a brain and nerve tonic for promoting mental clarity. Siberian ginseng has been proven to help restore mental ability in the elderly and improve mental resilience during exams for students taking the herb. Siberian ginseng is used mostly for increasing endurance, stimulating circulatory and immune function, and regulating blood pressure. Russian studies have documented Siberian ginseng's ability to strengthening the body against environmental stress and to improve physical performance. Siberian ginseng has been shown to directly influence the adrenal-pituitary axis, resulting in an increased resistance to the effects of stress, including cold, heat, infection, and even radiation. In fact, Russian doctors recommend Siberian ginseng herb for improving the body's tolerance to chemotherapy and radiation treatments. Siberian ginseng has also been shown to stimulate production of digestive fluids, normalize blood sugar levels, and help reduce inflammation. Siberian ginseng is generally recommended for anemia, debility, diarrhea, diabetes, fatigue, hypoglycemia, impotence, menopause, poor memory, and weak digestion.

Uva ursi is an herb which focuses its many actions on the urinary system. Uva ursi soothes and tightens inflamed tissues, helps neutralize urine acidity, promotes urine flow, and acts as an antiseptic and muscle relaxant specific to the urinary tract, thus decreasing responses to pain stimuli from infections. Uva ursi has also been shown to help prevent and dissolve kidney and gallstones, induce labor, and help problems associated with diabetes and the prostate gland. Common uses include bedwetting, bladder ailments, cystitis, gonorrhea, hemorrhoids, kidney congestion and infections, nephritis, rheumatism, urinary tract infections, vaginal discharge, and venereal disease.