



Urinary Maintenance

(formerly URY)

Stock #2884-4 (120 capsules)

Urinary Maintenance strengthens and supports the urinary system, soothes inflammation, combats urinary infections, and stimulates urine flow and the excretion of uric acid. Urinary Maintenance may also help tone and strengthen the bladder and improve bladder control. Urinary Maintenance is particularly useful for aiding detoxification and for relieving excess fluid retention and swelling.

Each capsule of Urinary Maintenance provides 10mg of Magnesium and 10mg of Potassium, in a proprietary blend of:

Asparagus stem has been shown to exert a mild diuretic action in animal studies. Research also shows that asparagus contains the diuretic compound asparagine, which may explain the herb's ability to eliminate water via the kidneys.^{1,2}

Dandelion leaf contains substantial levels of vitamins A, C, D and B-complex, as well as calcium, copper, iron, magnesium, manganese, potassium, silicon and zinc. Dandelion leaf is widely recommended for its nutritional content for both pregnant and post-menopausal women. Dandelion leaf also produces a mild diuretic effect, which is beneficial for those suffering from fluid retention. In addition, the German Commission E found that dandelion's high potassium content replaces the potassium that is eliminated in the urine.³⁻⁶

Parsley leaves contain vitamins A and C, a significant amount of B vitamins, as well as the minerals calcium and iron. Parsley leaves are approved by the German Commission E for flushing out the urinary tract and for preventing and treating bladder and kidney gravel and stones.^{4,5}

Corn silk is reported to provide diuretic and stone-reducing properties, and has been used for bedwetting, cystitis (bladder inflammation), prostatitis (prostate inflammation), urethritis (inflammation of the urethra), and specifically, for acute or chronic inflammation of the urinary system.^{1,7}

Watermelon seed benefits the kidneys by acting as a mild diuretic. Watermelon seed contains cucurbitacin, a substance that dilates the capillaries, which helps to lower blood pressure. Watermelon seed is also a natural remedy for constipation.²

Dong quai root contains coumarin derivatives that exhibit antispasmodic (preventing or relieving spasms) activity, along with essential oils and flavonoids that may be responsible for the herb's reported analgesic (pain-relieving) and anti-inflammatory effects. Dong quai is also reported to help bladder weakness and to reduce bloating and water retention associated with PMS and menopause.^{3,8}

Horsetail herb contains a high concentration of silica, along with manganese, potassium, and 15 different types of bioflavonoids. Horsetail bioflavonoids are believed to be responsible for the herb's mild diuretic action, while its silica content is reported to provide a connective tissue-strengthening and anti-arthritis action. Horsetail is approved by the German Commission E for post-traumatic and static edema (fluid retention), bacterial infections and inflammation of the lower urinary tract, and kidney gravel. In addition, horsetail may function similarly to the drug *hydrochlorothiazide* (a thiazide diuretic or "water pill"), by increasing sodium and potassium excretion and increasing the urinary pH.^{4,5,9}

Hydrangea root is reported to possess diuretic activity. Traditionally, hydrangea has been used for problems affecting the urinary tract, including cystitis, enlarged prostate gland, prostatitis and urethritis. Hydrangea has also been recommended as a treatment for bladder and kidney gravel and stones, especially to help dissolve existing stones and assist in their expulsion.^{1,7,8}

Uva Ursi leaves contains the principal active ingredient arbutin, a urinary antiseptic that has been shown to kill bacteria in the urine. Arbutin is broken down in the intestines into hydroquinone, a chemical which exerts an antiseptic and astringent action on the urinary mucous membranes. Uva ursi appears to be most effective in an alkaline urine. In Germany, uva ursi is licensed as a standard medicinal tea, approved by the German Commission E for inflammatory disorders of the urinary tract and urinary tract infections. Uva ursi may be most beneficial for women who can determine when they are just beginning to develop a bladder infection and can start treatment early.^{1,3,4,6,7,9}

Siberian ginseng root (*Eleutherococcus senticosus*) is used in Chinese herbal medicine for kidney pain and retention of urine. Siberian ginseng contains numerous compounds that demonstrate various levels of

anti-inflammatory, antioxidant, immunostimulatory, and anti-pyretic (fever-reducing) activity. In addition, recent research has confirmed Siberian ginseng's anti-fatigue, anti-stress and immuno-enhancing effects. Siberian ginseng is approved by the German Commission E as a tonic for use during periods of fatigue, debility and convalescence, and for chronic inflammatory conditions.^{1,4,9-11}

Schizandra fruit has long been used in Traditional Chinese Medicine (TCM) as an astringent tonic for the kidneys, especially to reduce urinary secretions such as urinary incontinence (the involuntary leakage of urine). Schizandra has also demonstrated anti-inflammatory activity in *in vitro*, animal, and clinical studies.^{1,5,9,12}

References:

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