



Urinary Maintenance

Improved Urinary Formula for Kidney and Bladder Problems

Urinary Maintenance is a formula designed to support the health of the kidneys and bladder. It acts as a mild diuretic, helping the urinary system flush excess fluid and waste from the blood stream. It also helps reduce urinary inflammation and fight urinary tract infections. It is a good formula for painful or burning urination or inflammation in the kidneys.

Urinary Maintenance contains the following ingredients.

Magnesium (amino acid chelate)

Magnesium is an important mineral for urinary health because it helps to prevent the formation of urinary calculi (kidney stones) by keeping calcium in solution. Although the formula only contains 10 milligrams of magnesium, amino acid chelates are more efficiently absorbed than other forms of minerals.

Potassium (citrate)

Potassium is another mineral critical to normal function of the urinary system. Potassium citrate acts as a mild diuretic.

Asparagus Stem (*Asparagus officinalis*)

The garden vegetable asparagus has a nourishing effect on kidney function. It has been used since ancient times to improve urine flow. It helps flush acid waste from the tissues and helps cystitis.

Dandelion Leaf (*Taraxacum officinale*)

The leaves of dandelions are rich in potassium and other mineral electrolytes. They have been traditionally used as a mild, nourishing diuretic to support normal kidney function.

Parsley Leaves (*Petroselinum crispum*)

Like dandelion, parsley is rich in potassium, sodium and other mineral electrolytes necessary to normal kidney function. It also contains a volatile oil that has a stimulating effect on kidney function, making it an excellent nourishing diuretic for the kidneys.

Cornsilk (*Zea mays*)

The fine silk from corn has a soothing effect on urinary membranes, reducing burning and inflammation in the urinary passages. It helps with irritable bladder, frequent urination and cystitis.

Watermelon Seed (*Citrullis vulgaris*)

The seeds and fruit of watermelon act as a diuretic, stimulating kidney function and the removal of fluid from the tissues.

Dong Quai Root (*Angelica sinensis*)

Commonly thought of as a female herb, dong quai is actually a nourishing tonic for the blood. It improves pelvic blood flow.

Horsetail Herb (*Equisetum arvense*)

Rich in silica, horsetail is a urinary astringent that helps to tone urinary passages. It is a specific remedy for blood in the urine and also acts as a diuretic. It has been used for cystitis, urethritis and prostate problems.

Hydrangea Root (*Hydrangea arborescens*)

Hydrangea is a lithotriptic herb, meaning it helps bring calcium back into solution, helping to dissolve kidney stones and calcium deposits.

Uva Ursi Leaves (*Arctostaphylos uva ursi*)

Uva ursi contains arbutin and other hydroquinone glycosides which have a disinfectant action on urinary passages. It also helps prevent bacteria from adhering to urinary passages. Uva ursi helps tone urinary membranes and the bladder sphincter muscle making it helpful for bedwetting and urinary incontinence.

Eleuthero Root (*Eleutherococcus senticosus*)

Formerly known as Siberian ginseng, eleuthero root is most widely known as an adaptagen. It improves stamina and resistance to disease.

Schizandra Fruit (*Schisandra chinensis*)

Like eleuthero, schizandra fruit is an adaptagen. It has a balancing effect on body function.

Recommended Use

Take one capsule with a meal three times daily. Use with hydrangea when kidney stones are present. Use with marshmallow or cornsilk for burning or painful urination. Use with uva ursi or goldenseal for infections.

Selected References

PDR for Nutritional Supplements by Thomson PDR
PDR for Herbal Medicines by Medical Economics Company
The Encyclopedia of Medicinal Plants by Andrew Chevallier

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