



## Uro-Fit Kidney & Bladder Nutritional Support

The kidneys are bean-shaped organs that function to eliminate body waste, especially urea and uric acid, by removing them from circulation and sending them to the urinary bladder to be excreted. The kidneys do much more however, and are central to the regulation of many physiological processes. The following are a summary of some of the most important functions of the kidneys.

- Blood pH Regulation
- Excretion of Waste
- Reabsorption of Nutrients
- Blood Pressure Regulation
- Hormone Secretion
- Osmolality Regulation
- Regulation of Bone Remodeling

The urinary bladder functions mostly to store urine until it can be excreted. However, many things can go wrong with the bladder including stone formation, infections, and weak or too frequent urination due to pressure on the bladder or irritation. Some kidney and bladder problems can be life-threatening, whereas others are mostly just uncomfortable. However, maintaining good kidney and bladder health is essential for maintaining overall good health.

Daily **Uro-Fit** is a blend of four herbs that have solid research support to back up their traditional uses for maintaining excellent Kidney and Bladder health.

- Cranberry Concentrate<sup>1,2</sup>(250 mg)
- Chanca Piedra<sup>3,4</sup>(225 mg)
- Uva Ursi<sup>5</sup> (50 mg)
- Dandelion Root<sup>6</sup> (75 mg)

### References

1. Sengupta K. et al. (2011) A randomized, double blind, controlled, dose-dependent clinical trial to evaluate the efficacy of a proanthocyanidin standardized whole cranberry (*Vaccinium macrocarpon*) powder on infections of the urinary tract. *Current Bioactive Compounds* 7:39-46.
2. Salo J. et al. (2012) Cranberry juice for the prevention of recurrences of urinary tract infections in children: a randomized placebo-controlled trial. *Clin Infect Dis.* 54(3):340-6.
3. Boim MA. et al. (2010) *IntBraz J Urol.* *Phyllanthus niruri* as a promising alternative treatment for nephrolithiasis. *IntBraz J Urol* 36:657-64.
4. Nishiura JL et al. (2004) *Phyllanthus niruri* normalizes elevated urinary calcium levels in calcium stone forming (CSF) patients. *Urol Res* 32:362-6.
5. Yarnell E. (2002) Botanical medicines for the urinary tract. *World J Urol.* 20:285-93.
6. You Y et al. (2010) In vitro and in vivo hepatoprotective effects of the aqueous extract from *Taraxacum officinale* (dandelion) root against alcohol-induced oxidative stress. *Food Chem Toxicol.* 48:1632-7.

### Description:

Daily **Uro-Fit** is a blend of 250 mg of cranberry fruit concentrate (*Vaccinium macrocarpon*), 225 mg Chancapiedra (*Phyllanthus niruri*) whole plant aqueous extract (4:1), 50 mg Uvaursi (*Arctostaphylos pinnuica*) whole leaf powder, and 75 mg of Dandelion root (*Taraxacum officinale*) aqueous extract (4:1) per capsule. Each bottle contains 120 capsules

Capsule Size: "00"



Bottle: 250 cc green PETE plastic bottle with a 45 mm lid with an inner freshness seal and an outer tamper evident band. Lot number and date of manufacture is printed on the bottom of the bottle.



Gluten Free



Soy Free



Vegan

Supplement Fact	Amount per Serving	% Daily Value
Serving Size: 2 Capsule Serving per container: 60		
<b>Cranberry Concentrate</b> ( <i>Vaccinium macrocarpon</i> )	500 mg	*
<b>Chanca Piedra</b> ( <i>Phyllanthus niruri</i> )	450 mg	*
<b>Uva Ursi</b> ( <i>Arctostaphylos pinnuica</i> )	100 mg	*
<b>Dandelion Root</b> ( <i>Taraxacum officinale</i> )	150 mg	*

\*Daily value not established

Other ingredients: vegetarian capsules

### Directions:

Take 2 capsules twice per day or as directed.

### Precautions:

Daily **Uro-Fit** is very safe when used as directed. As with all herbal products, there is always the possibility of allergic reactions and if symptoms of allergy occur, its use should be discontinued until the possibility of allergy to one of the ingredients can be eliminated. Pregnant or lactating women should consult a health care professional before using this product.

\*These statements have not been evaluated by the Food And Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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