

# Urinary-Pro – Urinary Tract Health Support\*

## About Urinary-Pro

- Urinary-Pro includes a unique combination of four plant extracts that support healthy urinary function.\*
- Bearberry, also known as uva-ursi, has a long history of use for urinary support.\*<sup>1</sup> Bearberry contains arbutin and its metabolite hydroquinone, compounds shown to support and maintain normal urinary health.\*<sup>2</sup>
- In a clinical trial, women taking bearberry maintained urinary health over a one-year period.\*<sup>3</sup>
- Urinary-Pro also includes berberine, which has a long history of use for urinary support.\*<sup>4,5</sup>
- Berberine may also help clear cellular debris naturally produced in the body and maintain tissue health.\*<sup>6,7</sup>
- Juniper, included in a concentrated extract, may help support a normal bladder wall and maintain urinary health.\*<sup>8-10</sup>
- *Echinacea purpurea*, also in a concentrated extract, is involved in antioxidant processes and helps maintain healthy immunity.\*<sup>11,12</sup>

## How to Use Urinary-Pro

- Take 2 tablets 2 times per day or as directed by a health care professional. Take a few hours before or after any medication or supplement. Do not take with highly acidic foods (e.g., citrus fruits or juice) or medications, which may acidify urine. For occasional use only. Consult a health care professional for use beyond 1 week.

## Cautions and Contraindications

- Consult a health care professional if symptoms persist or worsen. Consult a health care professional prior to use if you have a liver disorder, fever, painful urination (dysuria), spasms, or blood in urine. Consult a health care professional prior to use if you have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection, or an autoimmune disorder. Consult a health care professional prior to use if you are taking medications to suppress the immune system (immunosuppressive medications). Do not use this product if you are pregnant, breastfeeding, or have a kidney disorder. Stop use if hypersensitivity/allergy occurs. Keep out of reach of children.

## Drug Interactions

- No known drug interactions exist.

USER NAME: \_\_\_\_\_

### PROFESSIONAL NOTES

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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Quick Tips for Optimal Health

- A more plant-based diet may help support and maintain normal urinary health.\*<sup>13</sup>
- Increasing fluid intake may help maintain urinary health for longer periods; an additional 50 oz is suggested.\*<sup>14</sup>
- Other preventative measures, including emptying your bladder after intercourse, wiping from front to back, and avoiding holding in urine, may all help maintain urinary health.\*<sup>15</sup>
- Probiotics may be helpful after standard antibiotic treatment.\*<sup>16</sup>
- Some evidence suggests that a lower vitamin D level may impact urinary health.\* For those with challenges in urinary health, it may be helpful to test vitamin D levels and supplement if needed.\*<sup>17,18</sup>
- Cranberry products, especially cranberry juice, can be a significant aid to maintaining urinary health in the elderly and other populations.\*<sup>19</sup> Large amounts (at least 35 oz per day) of cranberry juice should not be taken simultaneously with Urinary-Pro to avoid acidifying the urine.

PROFESSIONAL CONTACT INFORMATION:

## References

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