

**Recommended Dose:** Take 4 capsules 2 times daily, a few hours before or after taking any medication or supplements, or as recommended by your health professional. Take with food to minimize gastric disturbance. Do not take with highly acidic foods or medications which may acidify urine. For occasional use only. **Warning:** If you are pregnant, lactating, taking products containing diuretics, or have heart disease, high or low blood pressure, diabetes, edema, or gall bladder, liver or kidney disorder, do not use. If you have any health condition, are taking any medication, or to exclude a diagnosis of prostate cancer, consult your health professional before use. Do not exceed recommended dose. High dosages of berberine can depress respiration, stimulate intestinal smooth muscle and reduce bronchial constriction. If you experience dizziness, confusion, muscle weakness or pain, abnormal heartbeat, difficulty breathing, nausea, vomiting, or drop in blood pressure, discontinue use and seek medical attention immediately. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

**†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.**



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



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GENESTRA  
BRANDS®

# Kidney Complex

## Dietary Supplement

*Helps to support kidney and urinary tract health†*

120 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size 4 Capsules

Servings per Container 30

|   | Amount Per Serving | % DV |
|---|--------------------|------|
| Uva-ursi ( <i>Arctostaphylos uva-ursi</i> ) Leaf Extract (4:1)<br>1600 mg Dried Equivalent  | 400 mg             | *    |
| Barberry ( <i>Berberis vulgaris</i> ) Root Extract (4:1)<br>1600 mg Dried Equivalent        | 400 mg             | *    |
| Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (36:1)<br>10.8 g Fresh Equivalent  | 300 mg             | *    |
| Corn ( <i>Zea mays</i> ) Style and Stigma Extract (10:1)<br>1500 mg Dried Equivalent        | 150 mg             | *    |
| Three-Leaf Caper ( <i>Crateva magna</i> ) Bark Extract (12:1)<br>840 mg Dried Equivalent    | 70 mg              | *    |
| Saw Palmetto ( <i>Serenoa repens</i> ) Fruit Std. Extract<br>(45% Fatty Acids)              | 50 mg              | *    |
| Stinging Nettle ( <i>Urtica dioica</i> ) Leaf Extract (3-5:1)<br>90-150 mg Dried Equivalent | 30 mg              | *    |

\*Daily value (DV) not established

Other ingredients: Hypromellose, ascorbyl palmitate, silica, cellulose