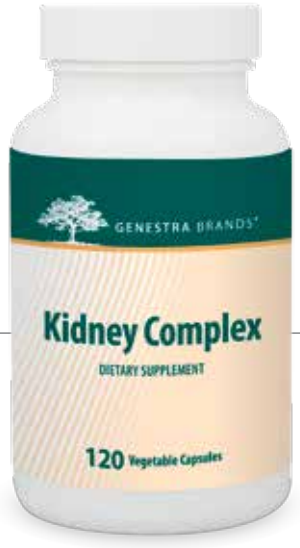
GENESTRA BRANDS®

Kidney Complex

DIETARY SUPPLEMENT



Herbal formula to support kidney, prostate and urinary tract health*

- Helps maintain healthy microbial balance in the urinary tract*
- Promotes prostate health and urinary tract function*
- Supports cellular health by providing protection against free radicals*
- Combines seven herbal extracts: Cranberry, Uva-Ursi, European Barberry, Corn, Three-leaf Caper, Saw Palmetto and Stinging Nettle

Kidney Complex was specifically formulated with herbs that help support the urinary system and prostate. It offers uva-ursi, which is used to support normal urinary tract function. Cranberry has also been used to help maintain urinary tract health for hundreds of years. Cranberry helps to maintain healthy microbial balance in the urinary tract and has been shown in clinical research to support measures of urinary tract function, such as urine flow rate, average flow, total volume and post-void residual urine volume. Saw palmetto and stinging nettle further support prostate and urinary tract health, and have also been found to support urinary comfort and function in clinical trials. In addition, Kidney Complex contains three-leaf caper and barberry for their traditional use in supporting kidney health. These important herbs function as a diuretic and regulate normal calcium oxalate crystallization in the body. Similarly, corn has a long history of use in traditional medicine to support the kidneys and bladder. Along with other herbs in this formula, such as cranberry, stinging nettle, barberry and caper, corn supports cellular health by providing protection against free radicals.*

Supplement Facts

Serving Size 4 Capsules
Servings per Container 30

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

† Daily Value not established

Other ingredients: Hypromellose, ascorbyl palmitate, silica, cellulose

Recommended Adult Dose: Take four capsules two times daily, a few hours before or after taking any medication or supplements, or as recommended by your healthcare practitioner. Take with food to minimize gastric disturbance. Do not take with highly acidic foods or medications which may acidify urine. For occasional use only.

Product Size: 120 Vegetable Capsules **Product Code:** 07682

NON GMO DAIRY FREE GLUTEN FREE VEGAN

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.
Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

* 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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DIETARY SUPPLEMENT

Scientific Rationale:

Cranberry

Cranberry has been used to help maintain urinary tract health for hundreds of years.[1] Cranberries help maintain microbial balance in the urinary tract by regulating the adherence of microbial cells to epithelial cells of the bladder wall.[2,3]* Cell-culture models suggest that these effects may result from two compounds in cranberries, fructose and proanthocyanidins.[2]* Cranberry can also change the morphology of microbial cells, making them more spherical in shape.[1] This further reduces their ability to adhere to urinary epithelial cells and helps maintain microbial balance in the host's urinary tract.[2]* Clinical studies have demonstrated that daily cranberry intake significantly supports urinary tract health.[4,5]* Additional clinical research in men has reported that cranberry supplementation can improve urodynamic parameters, such as urine flow rate, average flow, total volume and post-void residual urine volume.[6]*

Uva-ursi

Uva-ursi is another commonly used herb to support urinary tract health.[7]* It contains arbutin, the primary bioactive compound responsible for the herb's antiseptic and astringent effects.[7]* Arbutin is further metabolized to form hydroquinone, which can help support microbial balance in the urinary tract.[8]* Similarly, *in vitro* research suggests that uva-ursi can alter characteristics of the microbial cell surface to mediate adherence and maintain microbial balance in the urinary tract.[7]* Uva-ursi is also used as a mild diuretic to increase urinary flow, which further helps to maintain urinary tract health.[7]*

Saw Palmetto

Saw Palmetto has been used to support prostate health for over a century.[9]* It contains sterols and fatty acids that may reduce the activity of 5-α-reductase; this enzyme converts testosterone to DHT, an important stimulator of prostate gland growth.[10]* This herb may have an additional role in supporting urinary tract function by mediating spasmolytic activities on the bladder muscle.[10]* Clinical research has found that daily supplementation with saw palmetto can significantly improve measures of nocturia (excessive nighttime urination), flow rate and painful or difficult urination.[11]*

Stinging Nettle

Stinging nettle is also used to support prostate health as it contains lignans that limit the action of sex hormones; polysaccharides and lectins that regulate prostate cell growth; and acids that mediate cytokine production.[12]* In clinical research, this herb was found to support lower urinary tract health, including the promotion of healthy peak urinary flow rates, post-void residual urine volume and prostate size.[12]*

Barberry

Barberry has a long history of use in traditional medicine.[13] Its roots contain high levels of berberine, an alkaloid that helps to maintain a healthy microbial balance.[13]* Barberry is used to support urinary tract health and as a diuretic to support kidney health.[13,14]* Preclinical research suggests that this herb also supports urinary health by regulating calcium oxalate crystallization in the kidney.[15]*

Three-Leaf Caper

Three-leaf caper bark has been traditionally used in Ayurveda to support kidney health for more than 3000 years.[16]* Research suggests this herb contains lupeol, which mediates the activity of the enzyme glycolate oxidase.[17] In turn, this helps limit the production of oxalates in the body, which would otherwise combine with calcium in the kidney.[17]* This herb is also a diuretic and contains a wide variety of phytochemicals, including saponins and tannins, to help promote healthy urine flow.[17]* Research involving both animals and humans has suggested a role of this herb in supporting kidney function.[18-21]*

Corn

Corn has been traditionally used to support the kidneys and bladder since the times of the Incas.[3]* It is used as a diuretic and to promote urinary comfort and function.[3,22]* Along with cranberry, stinging nettle, barberry and caper, corn supports cellular health by providing protection against free radicals.[13,18,23-25]*

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