

INTEGRATING
WESTERN MEDICINE,
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THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Urix

Nature's Answer to High Uric Acid and Gout

WHAT IT IS:

- A physician-formulated blend of six nutrients and botanical extracts that support healthy uric acid metabolism

WHY YOU NEED IT:

- Full-strength doses of Vitamin C, Quercetin, Luteolin, Tart Cherry, Celery Seed and Apple Polyphenols in one capsule
- Important for patients with elevated uric acid on their lab work
- Great for patients with a history of gout flares in the big toe, ankle, knee or wrist
- Helpful when joints flare after rich meals, red meat, shellfish, alcohol or dehydration
- Supports healthy kidney handling and clearance of uric acid
- Helps maintain a normal inflammatory balance and healthy blood pressure
- Vegetarian capsules

HOW IT HELPS:

Urix is a targeted nutritional formula built around a single principle: uric acid is produced by an enzyme called xanthine oxidase, and every ingredient in Urix has been selected for its ability to naturally support that pathway. When uric acid rises, it can crystallize in joints and tissues, producing the pain, swelling and redness patients know as gout, and it places added strain on the kidneys and blood vessels. Like cholesterol, uric acid can also damage and age your arteries, leading to increased risks of heart attacks and strokes.

Quercetin is the cornerstone of the formula. This dietary flavonoid, found in apples, onions and berries, has been shown in published human research to significantly lower serum uric acid at a daily dose of 500 mg — exactly the amount delivered in Urix. Quercetin also blocks the formation of advanced glycation end products, harmful byproducts of oxidative stress.

Luteolin and Celery Seed Extract work alongside quercetin. Luteolin is one of the most potent

naturally occurring inhibitors of xanthine oxidase identified to date, and a controlled study found that four weeks of luteolin reduced serum uric acid levels. Celery seed is rich in luteolin and related flavonoids and has been used for gout since antiquity; modern laboratory analysis confirms that its flavonoids bind the same site on the uric acid enzyme that prescription medications target.

Tart Cherry and Apple Polyphenols add anthocyanins and additional flavonoids that support both uric acid clearance and normal inflammatory balance, while Vitamin C rounds out the formula. In a large twenty-year study of nearly 47,000 men, higher vitamin C intake was associated with a substantially lower incidence of uric acid problems.

Urix is designed for daily, long-term metabolic support. It is not a rescue medication for an acute gout attack, and it works best alongside good hydration, moderation of alcohol and purine-rich foods, and periodic uric acid lab monitoring.

Dosage:

Take three capsules daily with food, or as directed. Drink plenty of water throughout the day.