

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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UroDyne

Botanical Front-Line Defense for the Urinary Tract

WHAT IT IS:

- A traditional five-herb botanical blend, standardized and laboratory tested, that supports a healthy urinary tract and bladder

WHY YOU NEED IT:

- Combines five time-honored urinary botanicals: Uva Ursi, Berberine, Marshmallow Root, Bladderwrack and Celery Seed
- Uva Ursi leaf is standardized to 20% arbutin — the active compound the kidneys concentrate in the urine
- Important for patients prone to recurrent bladder discomfort, urgency and frequency
- Supports healthy microbial balance in the bladder and urinary passage
- Marshmallow root soothes irritated bladder and urinary tract tissues
- Convenient single-capsule dosing that can be repeated through the day
- Do not take if you are allergic to fish or shellfish

HOW IT HELPS:

UroDyne is built around Uva Ursi (*Arctostaphylos uva ursi*), a plant used in European herbal medicine for centuries to support urinary tract health. Its leaves supply arbutin along with methylarbutin, flavonoids, allantoin, tannins, and gallic and ellagic acids, which all work in concert to protect your kidneys. When the superpolyphenol arbutin enters the urine, it provides direct microbial support to the mucous membranes lining the urinary tract. In one double-blind randomized trial of 57 women followed for a year, the uva ursi group had significantly fewer recurrent urinary episodes than placebo.

Berberine, an alkaloid extracted from the roots and bark of goldenseal and barberry, interferes with the ability of organisms to adhere to the cells lining the urinary tract. Because adhesion is the first step in colonization, berberine provides broad-spectrum support for maintaining a healthy urinary environment.

Marshmallow Root contributes soothing mucilage, a traditional remedy for coating and calming irritated tissue and easing the burning and urgency that accompany bladder irritation. Bladderwrack and Celery Seed Extract round out the formula, supporting a healthy urinary passage and normal fluid flow.

UroDyne can be used both for short, intensive courses at the first sign of bladder irritation, and as longer-term targeted support for patients who deal with recurrent episodes. It is not a substitute for antibiotic treatment when a true infection is present.

Dosage:

Take 2 capsules up to three times daily with a full glass of water, or as directed.