

Best Bladder Support

featuring *UroLogic*™

Best Bladder Support

60 VeggieCaps

Ingredients per two veggie caps:

Calcium (as calcium hydrogen phosphate).....	33 mg
Phosphorus (as calcium hydrogen phosphate & magnesium phosphate)	50 mg
Magnesium (as magnesium phosphate)	29 mg
<i>UroLogic</i> ™ proprietary blend	1300 mg
Three leaf caper (<i>Opteva</i> ™) (Crateva nurvala)(stem bark)	
Horsetail (<i>Equisetum arvense</i>) (herb)	
Silica (as colloidal anhydrous)	

Other ingredients: Maltodextrin, hypromellose, magnesium stearate (vegetable source).

Suggested Adult Use: Take two capsules twice daily with meals for 2 to 3 months. Then take 1 capsule in the morning and evening with meals for maintenance, or as recommended by a healthcare practitioner.

Suitable for vegetarians.

Ingredients

Best Bladder Support featuring *UroLogic*™

Best Bladder Support featuring *UroLogic*™ (Patent Pending) is a proprietary blend of synergistic herbs and nutrients designed to promote and maintain healthy bladder function. *Crateva nurvala* and Horsetail (*Equisetum arvense*) extract have an extensive history of use in traditional medicine for promoting optimal urinary health. Research suggests that Horsetail may promote healthy urinary tract function and *Crateva nurvala* can enhance bladder tone. Blended together with a complex of minerals to support proper nerve transmission, *UroLogic*™ is an effective formulation to promote a healthy bladder.*

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Benefits

- Supports healthy bladder function*
- Maintains normal urinary sphincter tone*

Crateva Nurvala

Crateva nurvala is an ancient herb used for generations in the traditional Indian system of medicine known as Ayurveda. Ancient Ayurvedic practitioners used it as an internal purifier that helped maintain homeostasis and balance. This herb has a long history of use as the herb of choice to maintain healthy urinary tract and bladder function. The tree that is the source of this herb is often found growing along the banks of rivers in the sub-Himalayan regions of India. The stem bark is the part used

to benefit urinary health.¹

Studies with *Crateva nurvala* have been conducted in India demonstrating the herb's efficacy in maintaining healthy urinary bladder function. Animal studies with the water extract of *Crateva* have shown that the herb has the ability to increase the tone of smooth muscle and skeletal muscle. In a rat model of kidney stones, researchers were able to show that rats given *Crateva* extract had significantly smaller stones than in the untreated group.³ In addition, a study conducted in dogs showed that the animals receiving *Crateva* extract for 40 days had significantly higher maintenance of bladder tone than control animals.²

A tea prepared from the bark of the plant was given to 30 individuals (50 ml twice daily). Baseline measures of urinary function and bladder tone were assessed at the beginning of the study. It was found that when compared to baseline, the *Crateva* tea showed a high ability to promote healthy urinary function and enhance bladder tone in these individuals after 3 months of use.²

Equisetum Arvense

Equisetum arvense, also known as horsetail, is a traditional plant that is especially rich in silica and other essential minerals. It is a member of a prehistoric family of plants that is now one of the most common species in northern temperate climates. In addition to being extremely rich in the mineral silica, horsetail also contains saponins and flavonoids. The combination of these constituents is thought to be responsible for its beneficial properties.⁴

Traditional cultures have used horsetail over the years for its various healing properties. Traditional herbalists recommended horsetail for healing wounds because of its noticeably astringent effects. Internally, horsetail was used to promote healthy digestive function.⁵

Because of its flavonoid, saponin and mineral content, horsetail has a special affinity for the urinary tract. Its tonic and astringent properties were used to promote healthy urinary bladder function and to strengthen urinary sphincter control.⁶ The German Commission E monograph on horsetail also supports its use for maintaining the health of the urinary tract.⁷



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Calcium and Magnesium

Best Bladder Support featuring *UroLogic™* is also fortified with the essential synergistic minerals calcium and magnesium. These minerals play a critical part in the conduction of electrical impulses through nerves. This process is important for proper bladder tone and sphincter function. The brain sends signals down these nerves to the urinary sphincter, commanding it to contract or relax. A deficit in neural transmission can predispose an individual to improper bladder control.

Calcium and magnesium are also essential to the proper function of all muscles, as these minerals are directly involved in the process of muscle contraction. A double-blind trial found that women who were given magnesium supplements daily had better bladder control than women given a placebo.⁸ Calcium and magnesium can work together, therefore, to enhance urinary bladder function and overall health.

Research on *UroLogic™*

A study published in August 2002 showed that the combination of nutrients contained in Best Bladder Support featuring *UroLogic™*, when given to eight women, had a significant positive effect in enhancing urinary bladder health and sphincter tone compared to baseline measures. In this trial, women with an average age of 50 years old were given the combination as two tablets twice daily over a period of 12 weeks. Two separate validated questionnaires were used to assess baseline urinary and bladder function. A 50% or greater enhancement in urinary parameters was noted in these otherwise healthy women after 3 months of treatment. The results were highly significant.⁹

A second similar study was completed in July 2005. A total of 34 subjects (28 women and 6 men) were recruited to participate in this trial of the *UroLogic™* formula. Urinary parameters were assessed before the start of the trial and each month thereafter using the same two urinary function questionnaires. It was shown that the formula was effective at supporting normal bladder and sphincter function in both men and women based on the urinary parameters measured. The formula was also deemed extremely safe, as no major adverse events were reported during the trial. Maximal effects were seen with prolonged use of the product over the entire 3-month timeframe of the study.¹⁰

The potent combination of a unique extract of the Ayurvedic herb *Crateva nurvala*, the traditional healing herb *Equisetum arvense* and the minerals calcium and magnesium works synergistically to provide essential support for urinary tract health. Best Bladder Support featuring *UroLogic™* can be a safe and effective option for maintaining healthy urinary bladder function and promoting optimal urinary sphincter tone.*

*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.

Scientific References

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Doctor's
BEST®
Science-Based Nutrition™
Dietary Supplement

Best Bladder Support
Featuring **UroLogic™**

SUPPORTS HEALTHY BLADDER FUNCTION*
MAINTAINS NORMAL URINARY SPHINCTER TONE*

60 Veggie Caps

Supplement Facts

Serving Size 2 vegetarian capsules
Servings per container 30 servings

	Amount per serving	% Daily Value**
Calcium (as calcium hydrogen phosphate)	33 mg	3%
Phosphorus (as calcium hydrogen phosphate & magnesium phosphate)	50 mg	5%
Magnesium (as magnesium phosphate)	29 mg	7%
UroLogic™ proprietary blend	1300 mg	†
Three-leaf caper (Opteva™)(Crateva nurvala)(stem bark)		
Horsetail (Equisetum arvense)(herb)		
Silica (as colloidal anhydrous)		

** % Daily Values are based on a 2,000 calorie diet
† Daily Value not established.

Other ingredients: Maltodextrin, hypromellose, magnesium stearate (vegetable source).

Suggested Adult Use: Take two capsules twice daily with meals for 2 - 3 months. Then take 1 capsule in the morning and evening with meals for maintenance, or as recommended by a healthcare practitioner.

Suitable for vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS