

Natural support for healthy urinary tract function

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UT Synergy™ is designed to help maintain optimal urinary tract function. A blend of nutrients, botanicals, and nutraceuticals have been combined in order to limit inflammation and tissue irritation. This synergistic formula can provide a natural alternative or complementary therapy for mild acute and chronic urinary tract infections.

Hibiscus Extract

Hibiscus extract from the hibiscus species, *Hibiscus sabdariffa*, contains high concentrations of organic acids and polyphenols, especially flavonoids and proanthocyanidins.¹ These compounds are specifically helpful for urinary tract infections by providing microbial inhibition (especially against *E. coli* and *C. albicans*)^{1,2} and bacterial anti-adhesive properties.

An in vitro study showed *Hibiscus sabdariffa* extract inhibited biofilm production of several fluconazole-resistant strains of *C. albicans*, commonly found in recurrent UTIs.³ In vivo and in vitro studies also show potent anti-inflammatory activity of anthocyanins found in *Hibiscus sabdariffa*.^{4, 5}

Uva Ursi (Bearberry Extract) and Nettles

Uva ursi has been approved by the German Commission E for the treatment of urethritis.⁶ Uva ursi contains arbutin and methyl-arbutin, which act natural antimicrobials.⁷ Uva ursi and nettles have a mild diuretic effect, which helps to flush out the kidneys and reduces potential for infection.^{7,8}

Horsetail Extract and Parsley Powder

Horsetail essential oil has shown antimicrobial activity against a variety of pathogenic organisms, such as *Staphylococcus aureus*, *E. coli* and *Candida albicans*.^{9,10} It is also able to reduce inflammation of the lower urinary tract while synergistically relieving pain, and can increase urination up to 30 percent.¹⁰

Regarding its diuretic effects, horsetail is approved by the German Commission E as an oral diuretic for the treatment of edema.⁶ In a study that evaluated the diuretic potency of various species of horsetail in mice, one was shown to have similar efficacy to the commonly prescribed diuretic medication, hydrochlorothiazide.¹¹ Studies in humans also support a diuretic role for horsetail. In healthy young men, horsetail extract showed similar effects to hydrochlorothiazide and significantly greater effects than corn starch, used as placebo.¹² Horsetail had no significant effect on the urinary excretion of electrolytes and catabolites. No adverse effects were noted in liver, kidney or hematological function.

Likewise, parsley leaf has been approved by the German Commission E as a diuretic and for the treatment of kidney stones.⁶ It is used widely in the treatment of urinary tract infections as an antimicrobial, anti-inflammatory and spasmolytic in addition to its diuretic effects.¹³

Benefits

- ▶ Helps maintain optimal urinary tract function for women and men
- ▶ Provides a natural antibacterial effect to improve and prevent urinary tract infections (UTIs)
- ▶ Helps reduce acute and chronic irritation and inflammation of the urinary tract

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg 588%
D-Mannose	500 mg *
Bearberry Extract (<i>Arctostaphylos uva ursi</i>) (leaf) [standardized to contain 20% arbutin]	200 mg *
Hibiscus Extract (<i>Hibiscus sabdariffa</i>) (flower)	200 mg *
Nettle (<i>Urtica spp.</i>) (root) [standardized to contain 0.8% B-sitosterol]	200 mg *
Aloe Vera (<i>Aloe barbadensis</i>) (leaf) (200:1)	125 mg *
Parsley Powder (<i>Petroselinum crispum</i>) (leaf)	100 mg *
Horsetail Extract (<i>Equisetum arvense</i>) (stem) [standardized to contain 7% silica]	50 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate.



Aloe Vera

Aloe acts as a mucilaginous herb, providing a soothing and healing effect on the genitourinary mucosal lining. In vivo studies have shown immunomodulatory activity of aloe vera and significant inhibition of *Candida albicans* growth in the kidney.¹⁴ Other studies show positive changes in urinary composition following aloe vera consumption, leading to the prevention of kidney stone formation.¹⁵

D-Mannose

The carbohydrate, D-mannose, enhances the removal of bacteria from the urinary tract and bladder by binding to bacterial receptor sites, blocking their adhesion to the mucosal walls. This allows for more efficient removal of the bacteria and a reduction in the pathogen's ability to establish an active infection.^{16,17} D-Mannose is one of the active components in cranberry, which is often used in the treatment of urinary tract infections.

Vitamin B6

B6 (pyridoxal-5-phosphate) provides a mild diuretic effect and has been shown to help prevent the formation of kidney stones.¹⁸

How to Use:

- As a dietary supplement, take two capsules per day, or as directed by a health care practitioner.
- Consider combining UT Synergy™ with UT Intensive™ chewable tablets for more intensive support with active UTIs.

References

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