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BLADDER SUPPORT DROPS™

1 mL (32 Drops) of Oral Tincture contains:

Birch (268.7 mg DHE* – *Betula pendula* leaf)
Bilberry (200.7 mg DHE* – *Vaccinium myrtillus* leaf)
Uva-ursi (132.8 mg DHE* – *Arctostaphylos uva-ursi* leaf)
Juniper (91.3 mg DHE* – *Juniperus communis* fruit)
Saw Palmetto (91.3 mg DHE* – *Serenoa repens* fruit)
Corn Silk (45.6 mg DHE* – *Zea mays* stigma & style)
Linden (48.3 mg DHE* – *Tilia x europaea* flower)
Nettle (165.4 mg DHE* – *Urtica dioica* leaf)
White Willow (48.3 mg DHE* – *Salix alba* bark)
Goldenseal (32.6 mg DHE* – *Hydrastis canadensis* root and rhizome extract)

Non-medicinal ingredients:

purified water, ethanol USP, glycerin, spearmint flavour.

*DHE = Dry Herb Equivalent.

Directions of Use:

Adults, take 1 ml, 3 times daily. Take a few hours before or after any medication or natural health product. Do not take with high acid foods (e.g. citrus fruits and juice) or medications which may acidify urine. For occasional use only. Consult a health care practitioner for use beyond 1 week.

Indication:

Helps support healthy bladder and urinary tract functions.

Detailed Information:

Bladder Support Drops™ is a hydroethanolic tincture containing extracts of ten (10) herb ingredients that is mainly based on the diuretic properties/ effects of birch leaf, which action is complemented/supported by the other herbal ingredient extracts of the formulation, e.g. bilberry leaf, uva-ursi leaf, juniper fruit, saw palmetto fruit, corn silk, linden flower, nettle leaf, white willow bark, and goldenseal root.

Diuretics generally help to either increase blood flow to the kidneys or reduce the reabsorption of water from the filtrate in the kidney nephrons. Diuretic remedies are used in Herbal Medicine to help improve urinary infections and stones, to help increase the loss of water in cases of edema, and as part of a general waste elimination program¹.

Birch leaf, itself, is commonly used in Herbal Medicine as a diuretic, to stimulate an increase in urination¹. Birch leaf, when taken at a crude equivalent dose range of 0.9-9 g/day for up to a week, helps urinary tract irrigation, especially in cases of inflammation and renal gravel, cystitis, bladder catarrh, and as an adjuvant in the treatment of bacterial infections and spasmodic disorders of the urinary tract^{1,3,4,5,6,7}. It has also been Traditionally used in gout, rheumatism and dropsy (edema)^{6,7,8,9}. Its mild diuretic, anti-inflammatory, urinary antiseptic and tonic actions have made the herb a useful and common component of diuretic/urological combination products⁶, among which **Bladder Support Drops™** is primary example.

Bilberry leaf preparations have a long history of folk and Traditional use by North American Indians and by people in Europe for, among other things, kidney and urinary tract disorders, gout, poor circulation, functional heart problems, and for “metabolic stimulation and blood purification”^{4,6,9,10,11}. In TCM, bilberry leaf is used for venous insufficiency and capillary fragility, as well as for atherosclerosis and hypertension¹¹. Animal studies support its vasoprotective and anti-edema properties⁴. Active constituents include polyphenols, tannins, flavonoids (e.g. avicularin, quercetrin, hyperoside), as well as manganese and chromium⁶. The herb’s astringent, anti-inflammatory, and urinary antiseptic properties complement the action of birch leaf in the **Bladder Support Drops™** formulation; and its circulatory stimulant properties help in the removal of toxic and waste substances, and provide support for genitourinary system health in general.

Uva-ursi leaf is specifically indicated in Traditional Herbal Medicine diseases of bladder and kidney, helping to soothe, strengthen and tonify the urinary passages and reduce inflammation of the urinary tract, generally^{3,8,12,13}, and to help relieve symptoms associated with minor urinary tract infections. Since the Middle Ages it has been considered one of the most effective herbal antiseptics for urinary tract infections and cystitis^{3,12}. It has also been used in folk and Native American medicines as a diuretic for congested kidneys, and as a urinary aid and tonic for the bladder and kidneys^{10,15,16,17,18}, especially in small doses⁸. Its beneficial use in cases of urinary incontinence, aching kidneys and bladder, and congestion and ulceration of the bladder, have been known for over 150 years¹³.

Juniper fruit preparations have a long history of use as a diuretic and soothing kidney remedy, and as a urinary antiseptic to help relieve benign urinary tract infections. They are considered to be specific for cystitis when renal inflammation is absent¹⁵. They are Traditionally useful in all cases of renal congestion, aching through the back and loins, bladder catarrh, etc., and have a distinct tonic effect on tissues of the genitourinary tract¹³. Juniper is principally used as an adjunct in combination with other diuretics⁸.

Saw palmetto fruit preparations have been Traditionally indicated for cystitis and inflammation and catarrh of the genitourinary tract^{10,12,15}. They are also commonly used in Herbal Medicine to help relieve the urological symptoms (e.g. weak urine flow, incomplete voiding, frequent day and night-time urination) associated with mild to moderate Benign Prostate Hyperplasia (BPH) in men^{5,21}, - a condition of the prostate gland associated with its enlargement / inflammation and consequent restriction of urine flow. The majority of saw palmetto fruit preparations used for this purpose have been lipido-sterolic extracts and their constituents., especially those obtained using hexane, 90% ethanol, and CO27. However, the urinary antiseptic action of these preparations makes them complementary and supportive ingredients in diuretic formulations, generally.

Corn silk is Traditionally indicated in Herbal Medicine for inflammatory conditions and infections of the urinary system^{4,15}. It has diuretic, urinary demulcent, anti-inflammatory, antilithic, antiseptic, and tonic effects that make it useful for all catarrhal and inflammatory conditions of the urinary system, dysuria, and cystitis^{4,6,15,19,22}. It has been described as the archetypal urinary demulcent, helpful for any urinary irritation, whether due to infection, excess uric acid or stones¹¹. It is commonly included as an ingredient of combination products “because of the wide range of urinary disorders it addresses and because of its reliable action”¹¹.

In addition to being diuretic^{1,4,15}, **Linden Flower** also has Traditionally recognized stimulant, tonic, antispasmodic, anti-inflammatory, and astringent effects^{3,6,8,10,22,23}. These combined effects support its complementary and supportive use as an ingredient in multi-ingredient urological formulations¹⁰ such as **Bladder Support Drops™**.

Nettle leaf preparations are Traditionally used in Herbal Medicine for their diuretic and nutritive tonic effects^{4-6,24}. The German Commission E approved the internal use of nettle herb/leaf as irrigation therapy for inflammatory diseases of the lower urinary tract and for prevention and

treatment of kidney gravel³. The German Standard License for nettle herb tea indicates its use for increasing the amount of urine and for treating urinary complaints^{6,10,23}. Its ability to help decrease inflammation and assist eliminative function¹² contribute to its complementary and supportive use in the **Bladder Support Drops™** formulation.

While considered to be tonic, anodyne, anti-inflammatory, astringent, and diaphoretic^{3,8,10,13,15,19,23}, **White willow bark** is also Traditionally known to be diuretic^{10,19,23}. It is most commonly used in Herbal Medicine for relief of lower back, headache, and minor joint pain, as well as for relief of fever associated with the common cold . Yet, white willow bark is also indicated in all cases where pain is caused by inflammation⁶. Its multiple actions are, therefore, supportive and complementary to those of the other herbs in the **Bladder Support Drops™** formulation, for use as a diuretic.

The multiple actions of **Goldenseal root**, including antiseptic, antimicrobial, anticatarrhal, astringent, and diuretic^{8,12,15,19,23,26}, make it one of the most useful and powerful of all Traditional herbal remedies^{1,27,28}. The herb is specifically indicated as an anti-inflammatory and tonic for inflammations of mucous membranes^{12,15,23,226,27}. It is commonly used today to help in the management of infectious and inflammatory conditions of the genitourinary system, including for catarrh of the bladder^{29,30}.

The specific combination of herbal extract ingredients and their relative quantities making up the **Bladder Support Drops™** formulation provides a safe, gentle and effective product for its licensed use as a NNHP, for use in Herbal Medicine as a diuretic when taken as recommended.



Cautions and Warnings:

Men should consult a health care practitioner prior to use to exclude the diagnosis of prostate cancer. Consult a health care practitioner prior to use if you have fever, painful urination, spasms, or blood in urine; have asthma or peptic ulcer disease; or are taking anticoagulants or products containing acetylsalicylic acid (ASA) or other salicylates. Consult a health care practitioner if symptoms persist or worsen. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing.

Contra-Indications:

If you experience gastrointestinal symptoms such as nausea, vomiting, abdominal pain, dyspepsia, heartburn, or diarrhea, discontinue use and consult a health care practitioner. Avoid taking with alcohol, other medications and/or natural health products with sedative properties. Do not use if you have a kidney or liver disorder, diabetes, heart disease, high or low blood pressure, or edema; are pregnant or breastfeeding; are taking products containing diuretics; or are allergic to ASA or other salicylates.

Known Adverse Reactions:

Allergy is known to occur, in which case discontinue use..

Strauss Naturals™ is the sole producer and worldwide supplier of the clinically-supported^{20,21} **Strauss Heartdrops®** herbal formula; an alcohol-based extract of aged garlic, hawthorn fruit, hawthorn leaf & flower, cayenne, European mistletoe leaf and bilberry leaf in combination with motherwort and white willow bark. The 8th generation family formula follows an ancient yet revolutionary method of aging and extracting garlic. Aged garlic has profound heart health benefits.



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