



NATURE'S SUNSHINE

Urinary Maintenance

Vegan

Kosher

Non-GMO

Gluten Free

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **120 Capsules**

ITEM # **2884**

SERVING **1**

SUPPLY **40 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Urinary Maintenance brings together time-honored herbs and key minerals that have long been used to support a clean, comfortable urinary tract. Each ingredient plays its own role — from helping the body flush naturally to providing antioxidant protection for the tissues that keep your system running smoothly.

Bearberry — One of the most well-known herbs for urinary wellness, bearberry has been used for centuries in both European and Native American traditions to help keep the urinary tract clean and comfortable. Its active compound works in the urine itself to help discourage unwanted bacteria, and it is recognized by European health authorities for this traditional use.

Dandelion — That familiar backyard weed is actually a gentle, natural way to help the body flush fluids. A published human study found that dandelion leaf extract meaningfully increased how often and how much people urinated, making it a classic choice for everyday urinary support. It also brings natural potassium and protective plant compounds along for the ride.

Cornsilk — The soft, silky threads from a corn cob have a long history as a soothing urinary herb. Research including a review of multiple clinical trials found that cornsilk tea helped support healthy blood pressure when added to standard care. Its flavonoids and polyphenols also provide antioxidant support for the tissues of the urinary system.

Parsley — More than a garnish, parsley is one of nature's richest sources of protective flavonoids. Animal and lab studies show it supports healthy blood pressure through a relaxing effect on blood vessels, and its antioxidant compounds help shield delicate tissues from everyday oxidative wear. Traditional herbalists have long valued parsley as a gentle urinary tonic.

Asparagus — Asparagus has been appreciated as a natural diuretic for generations, and science backs this up — its natural compounds, including asparagine and potassium, help encourage healthy fluid flow through the kidneys. A small human trial also found it supported healthy blood pressure over ten weeks, making it a well-rounded addition to a urinary wellness formula.

Horsetail — Horsetail is one of the oldest plants on earth, and it brings something unique to this formula: an exceptionally high natural silica content. Silica supports the health of connective tissues throughout the body, including those that line the urinary tract. Horsetail also provides flavonoids that have shown meaningful antioxidant activity in lab studies.

Hydrangea — Hydrangea root has a long history of use in Native American and folk herbalism as a support for the kidneys and urinary tract. Its active plant compounds have shown antioxidant and anti-inflammatory properties in animal and cell studies, helping to protect tissues and support a comfortable, well-functioning urinary system.

Watermelon — Watermelon is the richest food source of L-citrulline, a natural compound the body converts into something that helps blood vessels relax and widen. Multiple clinical trials confirm this supports healthy blood pressure and better circulation — both important for keeping the kidneys and urinary system well supplied and functioning at their best.

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