



NATURE'S SUNSHINE

Urinary System

Organic

Non-GMO

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **60 packets**

ITEM # **5387**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

This formula brings together time-honored herbs and key nutrients that have each been studied for their role in supporting the urinary tract, kidneys, and the body systems that keep them running smoothly. Together they help maintain a healthy fluid balance, support the body's natural cleansing processes, and provide antioxidant protection where it matters most.

Bearberry — One of the most trusted herbs for urinary wellness, bearberry has been used for centuries in both European and Native American traditions. Its active compound converts in the urine to a natural antiseptic that helps keep the urinary tract clean and comfortable. Recognized by European health authorities for traditional use in mild urinary tract support.

Cornsilk — The silky threads of the corn plant have a long history as a gentle urinary herb. Research shows cornsilk extracts support healthy fluid balance and have been studied for their role in maintaining normal blood pressure and blood sugar. Rich in flavonoids and antioxidants, it also helps protect cells from everyday oxidative stress.

Horseradish — Horseradish root contains natural compounds called isothiocyanates that travel through the body and are excreted via the urinary tract, where they may help maintain a healthy environment. A clinical cohort study of nearly 500 patients found a horseradish-based herbal product performed comparably to standard care for urinary tract comfort.

Dandelion — Dandelion leaf is a well-known natural diuretic — a human pilot study confirmed it meaningfully increases urine production, which helps the body flush out what it does not need. Dandelion is also a natural source of potassium, supporting healthy fluid balance, and its polyphenols provide solid antioxidant protection throughout the body.

Parsley — A kitchen herb with real wellness credentials, parsley has been shown in animal studies to support healthy blood pressure through natural vasodilation. Its rich content of flavonoids — especially apigenin — helps protect blood vessels and supports healthy circulation, both of which matter for long-term urinary and kidney health.

Asparagus — Asparagus contains asparagine and potassium, compounds associated with natural diuretic activity that help the body maintain healthy fluid levels. A small human clinical trial found asparagus extract supported healthy blood pressure over ten weeks. It is also packed with antioxidant flavonoids that help protect the kidneys and urinary tract from oxidative stress.

Horsetail — Horsetail is one of nature's richest plant sources of silica, a mineral that supports healthy connective tissue throughout the body, including the tissues lining the urinary tract. European herbal tradition has long valued horsetail for urinary wellness, and its flavonoids provide meaningful antioxidant support backed by multiple in vitro studies.

Hydrangea — Hydrangea root has been used in traditional herbalism specifically for kidney and urinary tract support. Its coumarin compounds have been studied in animal models for antioxidant and anti-inflammatory activity, helping to calm irritation and protect delicate urinary tissues. It is a classic ingredient in traditional urinary formulas across North American herbal medicine.

 (888) 510-7196  service@caringsunshine.com

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