

Herbal Diuretic

Nature's Harmony® Herbal Diuretic is a traditional herbal combination derived from natural sources that helps to reduce water retention.

PRODUCT CODE: 400340 (100 Tablets); 400342 (250 Tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A traditional herbal medicine to promote excretion of water.	Capsule	Take 3 to 5 capsules three times per day. May be used for up to four weeks.

DESCRIPTION:

Nature's Harmony® Herbal Diuretic contains buchu leaves, uva ursi leaves, celery seed powder, juniper berry and parsley root powder. This product is tested to ensure that it is free from pesticidal and herbicidal residues.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Abnormal changes in blood vessels, hormonal problems, poor dietary choices, including excess salt in the diet, lack of exercise.

Symptoms of Deficiency: N/A

Complementary Nutrients: None known.

HOW IT WORKS:

Nature's Harmony® Herbal Diuretic is designed to have a diuretic effect on the body, that is to increase urine flow and, therefore, relieve water retention. It may also help to relieve bladder and urinary tract irritation and inflammation that can cause backache and discomfort.



DID YOU KNOW...

Nineteenth-century herbalists in America used juniper berries to treat urinary tract infections, congestive heart failure and gonorrhea.

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RESEARCH:

Although there is no direct scientific evidence related to the combination of these herbs for a diuretic effect, each herb has strong traditional use for the relief of urinary conditions.

SIDE EFFECTS:

None known to date.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you are pregnant, breastfeeding, have kidney disease or gastrointestinal inflammation/infection. Consult a health care practitioner before use if you have high blood pressure or diabetes. Discontinue use if skin irritation occurs.

OTHER CONSIDERATIONS:

This product is not suitable for prolonged use without consulting a health care practitioner.

LABEL:



Diurétique végétal
Remède traditionnel à base de plantes

Favorise l'élimination de l'eau.

250 capsules

Usage recommandé: Remède traditionnel à base de plantes pour favoriser l'élimination de l'eau.

Dose recommandée (adultes): Prendre 3 à 5 capsules trois fois par jour. Peut être pris pendant un maximum de quatre semaines.

Ingédients médicinaux:
Chaque capsule contient:
Graine de cèleri (*Apium graveolens*)75 mg
Feuille de persil (*Petroselinum crispum*)75 mg
Extrait de feuille de busserole (*Arctostaphylos uva-ursi*) à 3:1 (équivalent à 100 mg de plante séchée) ...33,3 mg
Extrait de feuille de buchu (*Barosma betulina*) à 4:1 (équivalent à 100 mg de plante séchée)25 mg
Extrait de fruit de genévrier (*Juniperus communis*) à 4:1 (équivalent à 100 mg de plante séchée)25 mg

Ingédients non médicinaux: cellulose microcristalline, dioxyde de silicium, stéarate de magnésium, gélatine.

Information sur les risques: À éviter si vous êtes enceinte ou allaitante, si vous souffrez d'une maladie rénale ou d'une infection/inflammation gastro-intestinale. Consultez un praticien de soins de santé avant de prendre ce produit si vous souffrez d'hypertension ou de diabète. Cessez l'usage si une irritation cutanée se manifeste. Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.

Recommended Use: A traditional herbal medicine to promote excretion of water.


Recommended Dose (Adults): Take 3 to 5 capsules three times per day. May be used for up to four weeks.

Medicinal Ingredients:
Each capsule contains:
Celery (*Apium graveolens*) seed75 mg
Parsley (*Petroselinum crispum*) leaf75 mg
Uva Ursi (*Arctostaphylos uva-ursi*) leaf 3:1 extract (100 mg dried equivalent)33,3 mg
Buchu (*Barosma betulina*) leaf 4:1 extract (100 mg dried equivalent)25 mg
Juniper 4:1 extract fruit 4:1 extract (100 mg dried equivalent)25 mg

Non-medicinal ingredients: microcrystalline cellulose, silicon dioxide, magnesium stearate, gelatin.

Risk Information: Do not use if you are pregnant, breastfeeding, have kidney disease or gastrointestinal inflammation/infection. Consult a health care practitioner before use if you have high blood pressure or diabetes. Discontinue use if skin irritation occurs. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or artificial colours, flavours or preservatives.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.



Herbal Diuretic
Traditional Herbal Medicine


Promotes Excretion of Water


250 Capsules


Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'ÉPÉRIQUE INTERIEUR EST BRISÉE.

www.naturesharmony.com
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