

# UROVEX™ : BUTTERBUR EXTRACT

Supports healthy urinary urge and frequency  
Promotes healthy bladder control



**F**ear—the fear of job loss, embarrassment in social settings, sexual frustrations and psychological stress. That's what life is like for the nearly 30 million people in the United States who have concerns with bladder control. A burden at any age, bladder issues are highly prevalent in both genders but more com-

mon in women. Urinary urge and frequency occurs when the smooth muscle of the bladder contracts without warning.

SOURCE NATURALS UROVEX BUTTERBUR is a patented standardized extract that supports healthy urinary urge and frequency. Further, it has been shown to help minimize the sudden urge to urinate, according to a human clinical trial. It has also been shown to support smooth muscle relaxation in animal studies. *In vitro* studies show that UROVEX BUTTERBUR may reduce bladder cell irritation by inhibiting leukotriene synthesis.



## What Goes On

If you experience this circumstance, you probably have two of the following indicators: frequency of urination (usually more than 8 times in 24 hours), urgency (an immediate and strong urge to urinate) and leaking or involuntary loss of urine. Although the changes in urinary anatomy—the result of normal aging—do not cause urinary trouble, they do create a situation that allows this to occur more easily. Aging results in a reduced size of the bladder, producing a decreased bladder volume and a need for more frequent bladder emptying.

Urination involves physiological processes within the urinary tract and the brain. Our brain normally suppresses the urge to urinate until we initiate urination. Neurons in the brain and in smooth muscle of the bladder involuntarily govern the detrusor (layered, smooth muscle that surrounds the bladder) muscle. This muscle contracts and relaxes based on the volume of urine in the bladder and the initiation of urination. The desire to urinate usually starts when the bladder has reached about half its physiologic capacity. This desire is suppressed by the cerebral cortex until a suitable time and place has been chosen. Butterbur relaxes the detrusor muscle, which reduces pressure on the bladder and thus relieves the urge to urinate. Each capsule contains 50 mg of standardized butterbur, yielding 7.5 mg of the active ingredients petasin and isopetasin. Our extract has been specially processed to remove undesirable pyrrolizidine alkaloids found in some brands.

## Newest Research

UROVEX BUTTERBUR EXTRACT has been shown in research to improve the sudden urge to urinate. In one study, 24 women were given butterbur for 8 weeks. After three weeks, 17 women reported a significant reduction of the frequency of urination.

Before they began taking butterbur, urination intervals were 30 to 90 minutes, while three weeks later the intervals of 17 of the women were between 90 and 150 minutes.

Butterbur is a perennial shrub native to Europe, northern Africa and southwestern Asia that has been used medicinally for centuries to maintain a healthful, active lifestyle. The use of preparations from butterbur has included promoting proper smooth muscle tone, including relief for painful menstrual cramps and other traditional uses.

## An All-Natural Solution

Source Naturals is pleased to partner with your natural food product retailer to deliver this botanical treasure that is so effective in solving this often untreated problem. Look for Source Naturals UROVEX BUTTERBUR. It is the only patented butterbur product for bladder control and other traditional uses and is available in 12, 30 and 60 capsule bottles.

## References

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Strategies for Wellness<sup>sm</sup>

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