



CLEAN FLOW is designed to maintain and promote optimum urinary tract function. It combines herbal diuretics (to cleanse the kidneys and bladder), antibacterial agents (to control and prevent infections) and circulatory aids (to improve blood flow to the urinary tract, thereby assisting nutrient delivery and waste removal). **CLEAN FLOW** also offers advanced tissue protection by coating the urinary tract to prevent damage to the urethra, kidneys and bladder.

Ingredients
Each vegetable capsule contains:

Prince's Pine (Cat's Whiskers) 4:1 extract	42 mg
Uva Ursi extract 10%	42 mg
Black Pepper extract 95%	2 mg
Cranberry 107× extract	85 mg
Corn Silk 4:1 extract	17 mg
Ginger Root extract 5%	48 mg
Prince's Pine (Cat's Whiskers)	42 mg
Asparagus	51 mg
Birch Leaf	42 mg
Goldenrod	63 mg
Buchu Leaf	48 mg
Juniper Berries	10 mg
<i>Althaea</i>	85 mg
Cayenne Pepper	21 mg
Parsley	48 mg



CLEAN FLOW
 Sold exclusively to finer health food stores
www.newrootsherbal.com/store

CleanFlow

Keep your kidneys
 in top shape

CLEAN FLOW IS A PAIN-FREE PROGRAM THAT IMPROVES KIDNEY FUNCTION, PROMOTES TISSUE HEALING AND STRENGTHENS YOUR IMMUNE SYSTEM.



How the kidneys work.

A major task of the kidneys is to remove the waste by-products of metabolism that our cells cannot break down. The kidneys also regulate an ocean of extra cellular fluid within our body. They allow us to consume more than we need of many necessities—water and salt for example—and excrete precisely what is not required. Finally, the kidneys preserve the volume of our body fluids and composition.

IT CAN TAKE UP TO AN 80% LOSS OF KIDNEY FUNCTION BEFORE SYMPTOMS START TO APPEAR.

Symptoms of a kidney or bladder infection:

- Pain or burning when you urinate
- Frequent urge to go to the bathroom
- Urine that looks cloudy or reddish
- Fever or a shaky feeling
- Pain in your back or on your side below your ribs

Maintaining the kidneys.

Your kidneys and your urinary system require nutrients to support the manufacturing processes and maintain the system itself. In order for our complex organs to function properly, the muscles, nerves, blood vessels and other tissues must also be properly nourished. CLEAN FLOW is designed to maintain and promote optimum urinary tract function. **CLEAN FLOW is a pain-free tune-up!**

CLEAN FLOW contains:

Prince's Pine (Cat's Whiskers)

4:1 extract

Prince's pine is a very reliable diuretic used in traditional medicine, especially for kidney complaints. It is also used for catarrh of the bladder and to eliminate kidney stones. The leaves and stem tips are also used medicinally to relieve spasms of the smooth muscles in the walls of the internal organs, making them valuable for gallbladder problems. Researchers have found it to be mildly antiseptic as well.

Uva Ursi 10% extract

Uva ursi is among the most popular herbs for urinary tract and bladder health. It contains arbutin, a glycoside which is recommended for infections caused by *E. coli*.

Black Pepper extract 95%

Black pepper extract stimulates the kidneys, boosts the immune and digestive systems, and disperses bruising by increasing circulation to the skin. The therapeutic properties of black pepper oil include analgesic, antiseptic, antispasmodic, antitoxic, aphrodisiac, diaphoretic, digestive, diuretic, febrifuge, laxative, rubefacient and tonic (especially of the spleen).

Cranberry extract 107x

Cranberry is very efficacious in catarrhal conditions of the bladder. Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of certain bacteria, including *E. coli*, associated with urinary tract infections, to the urinary tract wall.

Corn Silk extract 4:1

Corn silk is traditionally used for the urinary tract and for occasional bladder complaints, as it has a cleansing effect. This herb is rich in mucilage and soothes tissue.

Ginger Root extract 5%

Ginger's therapeutic properties effectively stimulate circulation of the blood, removing toxins from the body while cleansing the bowels and kidneys. Other uses for ginger root include the treatment of asthma, bronchitis and other respiratory problems.

Asparagus

Asparagus acts to increase cellular activity in the kidneys and thus increases the rate of urine production. This herb also encourages evacuation of the bowels by increasing fecal bulk with undigested fiber. The roots are considered diuretic, laxative, induce sweating, and are recommended for gout, dropsy, and rheumatism.

Birch Leaf

Birch leaf is a mild stimulant and astringent. It has been used for flushing the kidney and bladder and for urinary infections.

Goldenrod

Goldenrod promotes urination, cleans the kidneys, reduces inflammation, and prevents bladder infections.

Buchu Leaves

Buchu leaves act as a urinary antiseptic and can relieve inflammation. They can be especially useful for burning urination, urinary tract infections, digestive problems, gout, rheumatism, coughs and colds.

Juniper Berries

Juniper berries stimulate the action of the genitourinary tract. The traditional use of juniper is as a diuretic and to treat conditions of the bladder or kidneys. Diuretic action of the essential oil is well established and attributed to terpinene-4-ol, which increases the filtration rate of the kidney. The oil in juniper berries contains more than one hundred compounds which appear to be responsible for its diuretic properties.

Althaea Root

Althaea root has great demulcent and emollient properties that make it useful in inflammation and irritation of the alimentary canal, and of the urinary and respiratory organs. Primary chemical constituents of *Althaea* root include mucilage, polysaccharides, flavonoids, quercetin, kaempferol, asparagine, tannins, lecithin and pectin.

Cayenne Pepper

Cayenne is considered a circulatory tonic helpful for various conditions of the gastrointestinal tract, including stomach aches, cramping pains, and gas. Cayenne pepper is frequently used to treat diseases of the circulatory system and increased metabolism.

Parsley

Parsley is the foremost diuretic to be recommended when urination is painful and incomplete due to an enlarged prostate squeezing the urethra so tightly that urination is difficult. The presence of apiol and myristicin, as well as other flavonoids in parsley, stimulate urination and provide relief.

Suggested Use for 30-Day Program

Take 1–2 capsules 3 times daily between meals or as directed by your health care practitioner.

