

## BLADDER DROPS™

NPN: 80129743

### 1 mL (32 Drops) of Oral Tincture contains 10:1 dried extracts of:

**Birch** (268.7 mg DHE\* – *Betula pendula* leaf)

**Uva-ursi** (210.0 mg DHE\* – *Arctostaphylos uva-ursi* leaf)

**Bilberry** (201.0 mg DHE\* – *Vaccinium myrtillus* leaf) **Juniper**

(110.0 mg DHE\* – *Juniperus communis* fruit) **Saw Palmetto**

(91.4 mg DHE\* – *Serenoa repens* fruit)

**Corn Silk** (45.6 mg DHE\* – *Zea mays* stigma & style)

**Linden** (45.6 mg DHE\* – *Tilia x europaea* flower)

**Nettle** (45.6 mg DHE\* – *Urtica dioica* leaf)

**White Willow** (45.6 mg DHE\* – *Salix alba* bark)

**Goldenseal** (32.6 mg DHE\* – *Hydrastis canadensis* root and rhizome)

\*DHE = Dry Herb Equivalent.

### Non-medicinal ingredients:

purified water, ethanol USP, glycerin, spearmint flavour.

### Directions of Use:

Adults, take 1 mL, 3 times daily. Take a few hours before or after any medication or natural health product. Do not take with high acid foods (e.g. citrus fruits and juice) or medications which may acidify urine. Take with food to minimize gastric disturbance. For occasional use only. Consult a health care practitioner for use beyond 1-week.

### Indications:

Birch Leaf (*Betula pendula*) is used in Herbal Medicine as a diuretic. Uva-ursi Leaf (*Arctostaphylos uva-ursi*) is used in Herbal Medicine to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination. Juniper Fruit (*Juniperus communis*) is traditionally used in Herbal Medicine as a urinary tract antiseptic to help relieve benign urinary tract infections.

### Detailed Information:

**Bladder Drops™** is a hydroethanolic tincture containing ten (10) herb ingredient extracts that is mainly based on the diuretic properties/effects of birch leaf, astringent and urinary antiseptic effects of uva-ursi leaf, and urinary antiseptic properties of juniper fruit, which combined actions are complemented and supported by the other herbal ingredient extracts of the formulation, e.g. saw palmetto fruit, corn silk, linden flower, nettle leaf, white willow bark, and goldenseal root and rhizome.

Diuretics generally help to either increase blood flow to the kidneys or reduce the reabsorption of water from the filtrate in the kidney nephrons<sup>1</sup>. Diuretic remedies are used in Herbal Medicine to help improve urinary infections and stones, to help increase the loss of water in cases of edema, and as part of a general waste elimination program<sup>1</sup>. Astringents produce a “coating” on mucous or exposed membranes or surfaces (e.g. urinary tract), thus helping to reduce irritation and inflammation and to provide a barrier to infective microorganisms and toxins<sup>2</sup>. Antiseptics are directly antagonistic to pathogenic microorganisms, killing on contact, to help fight infections<sup>2</sup>.

**Birch leaf** is commonly used in Herbal Medicine as a diuretic<sup>3</sup>, to stimulate an increase in urination<sup>1</sup>. Birch leaf, when taken at a crude equivalent dose range of 0.6-9 g/day for up to a week, helps urinary tract irrigation, especially in cases of inflammation and renal gravel, cystitis, bladder catarrh, and as an adjuvant in the treatment of bacterial infections and spasmodic disorders of the urinary tract<sup>4,5,6,7,8</sup>. It has also been Traditionally used in gout, rheumatism and dropsy (edema)<sup>7,8,9,10</sup>. Its mild diuretic, anti-inflammatory, urinary antiseptic, and tonic actions have made the herb a useful and common component of diuretic/urological combination products<sup>7</sup>, among which **Bladder Drops™** is primary example.

**Uva-ursi** leaf is specifically indicated in Traditional Herbal Medicine in diseases of the bladder and kidney, helping to soothe, strengthen and tonify the urinary passages and reduce inflammation of the urinary tract, generally<sup>4,9,12,13</sup>, and to relieve symptoms associated with minor urinary tract infections<sup>14</sup>. Since the Middle Ages it has been considered one of the most effective herbal antiseptics for urinary tract infections and cystitis<sup>4,12</sup>. It has also been used in folk and Native American medicines as a diuretic for congested

kidneys, and as a urinary aid and tonic for the bladder and kidneys, 11,15,16,17,18 especially in small doses. Its beneficial use in cases of urinary incontinence, aching kidneys and bladder, and congestion and ulceration also been used in folk and Native American medicines as a diuretic for congested kidneys, and as a urinary aid and tonic for the bladder and kidneys<sup>11,15,16,17,18</sup> especially in small doses. Its beneficial use in cases of urinary incontinence, aching kidneys and bladder, and congestion and ulceration of the bladder, have been known for over 150 years<sup>13</sup>.

**Bilberry** leaf preparations have a long history of folk and Traditional use by North American Indians and by people in Europe for, among other things, kidney and urinary tract disorders, gout, poor circulation, functional heart problems, and for “metabolic stimulation and blood purification”<sup>5,7,10,11,19</sup>. In TCM, bilberry leaf is used for venous insufficiency and capillary fragility, as well as for atherosclerosis and hypertension<sup>5</sup>. Animal studies support its vasoprotective and anti-edema properties<sup>5</sup>. Active constituents include polyphenols, tannins, flavonoids (e.g. avicularin, quercetrin, hyperoside), as well as manganese and chromium<sup>7</sup>. The herb’s astringent, anti-inflammatory, and urinary antiseptic properties complement the action of birch leaf, uva-ursi and juniper in the **Bladder Drops™** formulation; and its circulatory stimulant properties help in the removal of toxic and waste substances, and provide support for genitourinary system health in general.

**Juniper** fruit preparations have a long history of use as diuretic and soothing kidney remedies<sup>20</sup>, and as urinary antiseptics to help relieve benign urinary tract infections<sup>21</sup>. They are considered to be specific for cystitis when renal inflammation is absent<sup>15</sup>. They are Traditionally useful in all cases of renal congestion, aching through the back and loins, bladder catarrh, etc., and have a distinct tonic effect on tissues of the genitourinary tract<sup>13</sup>. Juniper is principally used as an adjunct in combination with other diuretics<sup>9</sup>.

**Saw palmetto** fruit preparations have been Traditionally indicated for cystitis, and inflammation and catarrh of the genitourinary tract<sup>11,12,15</sup>. They are also commonly used in Herbal Medicine to help relieve the urological symptoms (e.g. weak urine flow, incomplete voiding, frequent day and night-time urination) associated with mild to moderate Benign Prostate Hyperplasia (BPH) in men<sup>6,22</sup> - a condition of the prostate gland associated with its enlargement/inflammation and consequent restriction of urine flow. The majority of saw palmetto fruit preparations used for this purpose have been lipido-sterolic extracts and their constituents., especially those obtained using hexane, 90% ethanol, and CO<sub>2</sub><sup>8</sup>. The urinary antiseptic action of saw palmetto fruit preparations complements and supports diuretic formulations, generally, and the **Bladder Drops™** formulation, specifically.

**Corn silk** is Traditionally indicated in Herbal Medicine for inflammatory conditions and infections of the urinary system<sup>5,15,23</sup>. It has diuretic, urinary demulcent, anti-inflammatory, antilithic, antiseptic, and tonic effects that make it useful for all catarrhal and inflammatory conditions of the urinary system, dysuria, and cystitis<sup>5,7,15,20,23,24</sup>. It has been described as the archetypal urinary demulcent, helpful for any urinary irritation, whether due to infection, excess uric acid, or stones<sup>19</sup>. It is commonly included as an ingredient in combination products used as urinary remedies “because of the wide range of urinary disorders it addresses and because of its reliable action”<sup>19</sup>.

**Linden Flower**, in addition to being diuretic<sup>1,5,15</sup>, is also Traditionally recognized to be stimulant, tonic, antispasmodic, anti-inflammatory, and astringent in its effects<sup>4,7,9,11,23,24</sup>. These combined effects support its complementary and supportive use as an ingredient in multi-ingredient urological formulations<sup>11</sup> such as **Bladder Drops™**.

**Nettle** leaf preparations are Traditionally used in Herbal Medicine for their diuretic and nutritive tonic effects<sup>5,6,7,25</sup>. The German Commission E approved the internal use of nettle herb/leaf as irrigation therapy for inflammatory diseases of the lower urinary tract and for prevention and treatment of kidney gravel<sup>4</sup>. The German Standard License for nettle herb tea indicates its use for increasing the amount of urine and for treating urinary complaints, generally<sup>7,11,24</sup>. Its ability to help decrease inflammation and assist eliminative function<sup>12</sup> contribute to its complementary and supportive use in the **Bladder Drops™** formulation.

**Willow bark** is considered to be tonic, anodyne, anti-inflammatory, astringent, and diaphoretic in its actions<sup>4,9,11,13,15,20,24</sup>. It is also Traditionally known to be diuretic<sup>11,20,24</sup>. It is most commonly used in Herbal Medicine for relief of lower back, headache, and minor joint pain, as well as for relief of fever associated with the common cold<sup>26</sup>. Yet, white willow bark is also indicated in all cases where pain is caused by inflammation<sup>7</sup>. Its multiple actions are, therefore, supportive and complementary to those of the other

herbs in the **Bladder Drops™** formulation, for use as a diuretic, astringent and urinary tract antiseptic.

**Goldenseal root and rhizome** is antiseptic, anticatarrhal, astringent, and diuretic<sup>9,12,15,20,24,27</sup>, making it one of the most useful and powerful of all Traditional herbal remedies<sup>1,28,29</sup>. The herb is specifically indicated as an anti-inflammatory and tonic for inflammations of mucous membranes<sup>12,15,24,23,27,28</sup>. It is commonly used today to help in the management of infectious and inflammatory conditions of the genitourinary system generally, including for catarrh of the bladder<sup>30,31</sup>.

The specific combination of herbal extract ingredients and their relative quantities making up the **Bladder Drops™** formulation provides a safe, gentle and effective product for its licensed use as a NNHP, for use in (Traditional) Herbal Medicine as a diuretic, astringent and urinary tract antiseptic to help relieve minor/benign urinary tract infections and associated symptoms when taken as recommended.

#### Cautions and Warnings:

Men should consult a health care practitioner prior to use to exclude the diagnosis of prostate cancer. Consult a health care practitioner prior to use if you have fever, painful urination, spasms, or blood in urine; have asthma or peptic ulcer disease; or are taking anticoagulants or products containing acetylsalicylic acid (ASA) or other salicylates. Consult a health care practitioner if symptoms persist or worsen. Avoid taking with alcohol, other medications and/or natural health products with sedative properties. If you experience gastrointestinal symptoms such as nausea, vomiting, abdominal pain, dyspepsia, heartburn, or diarrhea, discontinue use and consult a health care practitioner.

#### Contra-Indications:

Do not use this product if you have a kidney or liver disorder, diabetes, heart disease, high or low blood pressure, or edema; are pregnant or breastfeeding; are taking products containing diuretics; or are allergic to ASA or other salicylates.

#### Known Adverse Reactions:

Stop use if hypersensitivity/allergy occurs. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/



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