

# CN-Renal

by ChiroNutraceutical



**This comprehensive herbal combination formula is used to nourish and tonify the kidneys and urinary tract**

### About the Formula

**Dandelion leaf (*Taraxacum*)** is a common plant found all over the world. Considered by many gardeners to be a nuisance, herbalists find dandelion to be a useful diuretic, bitter, and nutritive tonic. The leaves, root and flower all have beneficial properties. Dandelion leaves are high in vitamin A and have moderate amounts of vitamin D, vitamin C, some B vitamins, iron, silicon, magnesium, zinc, and manganese. Dandelion may help to lower blood pressure and the leaf is said to nourish the urinary tract.

**Plantain leaf (*Plantago*)** is a common plant native to Europe and Asia but now found globally. Plantain leaves and seeds have both been used medicinally throughout the ages. This plant may have astringent and expectorant properties. Therefore, traditionally, plantain has been used to help chronic bronchitis, coughs, upper respiratory tract infections, and bladder infections. Topically, crushed plantain leaves, or infused oil of plantain leaves are helpful for wounds and insect bites.

**Gravel root (*Eupatorium purpureum*)** has been used for centuries to assist those with kidney stones and urinary tract infections. This plant is indigenous to North America and was used by Native American healers for the above conditions and also for typhus. Gravel root may exhibit diuretic, anti-lithic, and anti-rheumatic properties.

**Corn silk (*Zea mays*)** comes from the dried silky tassels found inside corn husks. It is a demulcent, vulnerary, and potassium-sparing diuretic herb. Corn silk soothes the urinary tract and is helpful for people with acute or recurrent bladder infections, chronic urethritis, prostatitis, and edema. Corn silk contains many nutrients such as potassium, zinc, iron, silica, and vitamins C, B and K.

**Parsley root (*Petroselinum crispum*)** is a potent diuretic and tonifier for the urinary tract. Historically, parsley root has been used to help urinary tract disorders, digestive problems, and bronchitis. Parsley root contains numerous vitamins and minerals including vitamin C and calcium. Some herbalists have also used parsley to help painful menses and to reduce blood pressure.

**Uva ursi** is a small evergreen shrub found in North America and Europe. It has many useful actions in the urinary tract including as an anti-microbial, diuretic, demulcent, antiseptic, and astringent. People with an atonic bladder may benefit from taking uva ursi. This plant should be used with caution in children under 12 years old.

**Nettle herb (*Urtica dioica*)** is a nutritive tonic with many actions in the body. With respect to the urinary tract, nettle leaf is used as a diuretic and anti-inflammatory and is said to nourish the urinary organs. Nettles is a hardy plant historically used as medicine, food, and to make cloth. The leaf, root and seeds all possess medicinal benefits.

**Suggested Use:** 1-2 droppers, 3-6 times daily, add to water or juice.

**Warning:** If you are nursing or taking any medications, please consult your health care practitioner before taking this or any herbal product. Do not use this product if you have an acute kidney infection or if you are pregnant.