

## Product Profile

### CALM WATERS COMPOUND (Formerly known as Corn Silk • Plantain Compound) Urinary Incontinence Remedy

A blend of the liquid extracts of:

* <b>Corn Silk</b> [stigma & style] ( <i>Zea mays</i> )	25%
* <b>Plantain leaf</b> ( <i>Plantago lanceolata</i> & <i>major</i> )	25%
* <b>St. John's Wort flower &amp; bud</b> ( <i>Hypericum perforatum</i> )	25%
* <b>Goldenrod flowering tops</b> ( <i>Solidago canadensis</i> )	15%
• <b>Arnica flower</b> ( <i>Arnica</i> spp.)	10%

\* Fresh      • Dried

**Actions:** Soothing to inflamed and irritated tissues of the lower urinary tract. Helps restore natural elasticity to flaccid tissue of the urinary bladder, urethra and ureter. Favorably enhances neurological innervation to over-relaxed urinary sphincters and thereby helps restore their natural tone.

**Uses:** Indicated in **urinary weakness and incontinence** of the aged, and **bed-wetting** of children.

**Dose: Adults:** Three times per day, take 30 to 40 drops in water. **Children:** Adjust above adult doses according to child's body weight (see Clark's Rule, pg. 149). **Continued use for chronic conditions:** Take drops 2 times per day, 6 days per week, for several weeks to several months. Two to four, or even six months' use may be needed before significant results are seen.

**Adjunct Therapy:** In cases associated with painful or burning urination, take 30 to 40 drops of MARSHMALLOW EXTRACT with the above doses.

**Cautions:** Urinary incontinence is sometimes associated with urinary tract infections that can lead to serious medical consequences. If symptoms persist for more than a few days, and especially if there is pain, blood or fever, promptly seek qualified healthcare. Larger doses of Arnica may rarely cause nervous excitement or irritation of throat and stomach. Discontinue use if these symptoms appear.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.