

## Product Profile

# UVA-URSI

*Arctostaphylos uva-ursi*

Liquid extract of dried leaf.

**Actions:** Soothing, anti-inflammatory, antiseptic and astringent to the urinary tract and bladder. Diuretic. Arbutin in Uva-Ursi leaves is metabolized to form glucuronate and sulfate esters that are excreted in the urine and exert an antiseptic and astringent effect on the urinary mucous membranes.

**Uses:** Inflammation and infection of the urinary tract and bladder; cystitis, urethritis. Congestion and ulceration of bladder and prostate gland. Relaxed conditions of the bladder walls; restrains excessive mucous discharge in urine. Aching of kidneys and bladder. Urinary incontinence. Leucorrhea associated with flaccid conditions of the uterus and vagina; prolapsed uterus.

**Dose:** Take 30 to 40 drops, 3 or 4 times per day. Drink plenty of water during the day.

**Cautions:** Urinary infections can sometimes lead to more serious medical conditions. If symptoms persist for more than a few days, and especially if there is fever or blood in the urine, promptly seek qualified healthcare.

Consult a qualified midwife or physician before taking during pregnancy or nursing.



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.

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