

# UVA URSI DIURITE™



## Botanical Support for Urinary Tract Health

- Helps regulate the body's elimination of fluid
- Helps tone genitourinary tract
- Supports healthy inflammatory response in the urinary tract

In the Northern latitudes, there is a shrub with orange-pink berries. Native people noticed that the berries—not at all tasty to humans—were highly desired by bears. They called the plant bearberry. Formally called *Arctostaphylos uva-ursi* (L.) Speng, uva ursi (uva, “grape” and ursi “bear”), the leaves of the bearberry have been used throughout the centuries to promote urinary tract health.

In UVA URSI DIURITE, Planetary Herbals combines uva ursi with well known Western and Chinese botanicals to support the healthy and regular process of eliminating fluid and to promote a balanced, cleansed urinary tract.



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## Uva Ursi

Even though the sour berries of uva ursi were never greatly popular with humans, the plant's leaves are quite a different matter. The leaves of the bearberry bush have been renowned for hundreds of years by native peoples throughout the north for their healing properties. The plant was known to the Cherokee, Cheyenne, Okanagan, Ojibway, Chippewa and Algonquin peoples in North America and it was also used in Europe, Russia and China.

Uva ursi is a trailing evergreen shrub that thrives in high-elevation alpine forests. It grows primarily in North America, Europe, Siberia and the Himalayas. It has short, reddish brown branches and pink or white bell-shaped flowers that bloom in the summer. The blooms are followed by clusters of orange-pink berries, particularly loved by bears.

Historically, many Native American tribes used the sour fruits as food, often mixed with meat, while the leaves were used in herbal health remedies or in smoking mixtures. Often brewed in water, the leaves were consumed for the benefit of the urinary tract, and the tea was also used as a wash for the skin or for sore eyes.

Uva ursi leaves contain a number of constituents that promote a healthy, clear gastrointestinal tract. Its main method of action is from arbutin, a phenolic glycoside that is activated in the intestines, metabolized and excreted via the urine. Uva ursi also contains flavonoids, methylarbutin, tannins, gallic acid and ellagic acid. These compounds decrease microbial adhesions and microorganism activities.

Uva ursi mildly increases the excretion of urine, helping the body regulate the flow of fluids from the body, and it also promotes

healthy inflammatory response in the urinary tract.

The phenolics contained in uva ursi have been shown to have antioxidant activity. As a free radical scavenger, the antioxidants in the uva ursi reduce oxidative stress in body.

## Supporting Botanicals

The uva ursi in UVA URSI DIURITE is supported by a number of botanicals well known to strengthen and regulate urinary tract health. Poria sclerotium, dandelion root, ginger root, marshmallow root, and parsley root are included to support the healthy, balanced, and efficient elimination of fluids.

UVA URSI DIURITE from Planetary Herbals is a powerful, yet natural, tool to regulate and improve the body's elimination processes.

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit <http://www.planetary-formulas.com>.

## References

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