

# Naturemedies Body Fluid Balance Complex 90 caps

## NUTRIENT-DENSE HERBAL DIURETIC FORMULA FOR HEALTHY FLUID BALANCE IN THE BODY

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### Naturemedies Body Fluid Balance Complex 90 caps

Take 2 capsules (1 serving), 1 to 3 times per day before meals or as advised.

WATERgo is a gentle, yet effective combination of concentrated herbs and nutrients, designed to support healthy fluid levels in the body. Many people, especially women, suffer with excess stored water (non-medical oedema). Many also find that during each monthly cycle, they experience uncomfortable bloating of the abdomen and puffiness of the fingers, eyes, knees and ankles, as a result.

This supplement encourages the body's natural elimination of stored water and waste via the kidneys.

# Approved EFSA health claims:

Vitamin B6 contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

Magnesium contributes to: a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division. As recommended by NOW magazine and Dr Mark Atkinson, as one of the best products to help the body rid itself of excess water.

Vitamin B6: A very well-known and effective diuretic, vitamin B6 is a water-soluble vitamin that is naturally present in many foods, added to others and available as a dietary supplement. It is the generic name for six compounds (vitamers) with vitamin B6 activity: pyridoxine, an alcohol; pyridoxal, an aldehyde; and pyridoxamine, which contains an amino group; and their respective 5'-phosphate esters.

Pyridoxal 5'-phosphate (PLP) and pyridoxamine 5'-phosphate (PMP) are the active coenzyme forms of vitamin B6. Vitamin B6 in coenzyme forms performs a wide variety of functions in the body and is extremely versatile, with involvement in more than 100 enzyme reactions, mostly concerned with protein metabolism. Vitamin B6 contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

Magnesium: Magnesium, an abundant mineral in the body, is naturally present in many foods, added to other food products, available as a dietary supplement and present in some medicines (such as antacids and laxatives). Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione.

Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm. Magnesium contributes to a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division. A well-known contributor to

correct fluid balance within cells (hence its diuretic effect) and for its vital role in muscular contractions.

Dandelion leaf: Dandelion leaf contains carotenoids and sesquiterpene lactones. It is a powerful diuretic (the leaves are more effective than the root.), bitter tonic, pancreatic regulator, galactagogue, cholagogue, anti-rheumatic, bile duct stimulant, mild laxative, urinary antiseptic, anti-eczema, detoxicant and choleric. Contains vitamins A, B and C and is rich in nutrient minerals.

Promotes the elimination of plasma cholesterol. Used as a natural diuretic, for detoxification, against liver disorders, gallbladder inflammation and to stimulate bile flow.

Alfalfa: A very rich source of vitamins and minerals. It yields 10 times more mineral value than average grains.

Contains 8 essential enzymes for the correct digestion and utilisation of foods. Actions include anti-cholesterol, anti-haemorrhagic, anti-anaemia and anti-coagulant. To promote strong bones and teeth, and act against dyspepsia, constipation, kidney and prostate problems. The high mineral content creates a powerful diuretic effect.

About the ingredients cont...

Juniper berry: A very effective diuretic - in the 1500's a Dutch pharmacist formulated a new diuretic called gin. This drink caught on for obvious reasons (in combination with other ingredients). Juniper has been used for centuries as a remedy for urinary-tract problems including urinary retention, bladder inflammation and gallstones, as well as gout and arthritis.

Increases urine flow and destroys bacteria in the kidneys and bladder. Can prevent crystallisation of uric acid in the kidney, holding it in solution until passed in the urine. An excellent blood cleanser and can also strengthen a weak stomach and improve digestion. The British Pharmacopoeia lists juniper as a urinary tract disinfectant. The volatile oils in juniper berries destroy bacteria.

CAUTION: If taking lithium, juniper should not be used except under the supervision of a physician. High dosages of juniper berry products should be avoided by anyone suffering from kidney disease and by pregnant women.

Celery seed: Its actions include an alkaline reaction on the blood, anti-rheumatic, urinary antiseptic, diuretic, anti-spasmodic, carminative, tonic digestive, and it assists in the elimination of uric acid. Celery contains a chemical called 3-butylphthalide, which reduces blood pressure. It has been used by Chinese healers for centuries as a treatment for blood pressure and as a diuretic, as it promotes the flow of urine through the kidneys. Not to be taken in pregnancy.

Kelp: A seaweed which is high in iodine and many other minerals and trace elements (such as potassium, magnesium, calcium and iron). The iodine is used by the thyroid gland to produce hormones, responsible for normal metabolism in all body cells, energy levels and the elimination of waste matter from cells. Uses: detoxification, energy production, weight management, cellulitis, obesity, fluid balance and overall health.

Nettle leaf: Nettle improves kidney function, neutralising uric acid and preventing its crystallisation, aiding in its elimination from the system and thus relieving gout and arthritis symptoms. Nettle is also high in minerals such as iron, potassium, calcium, sulphur, sodium, silica acid, copper, manganese, chromium, and silicon and is therefore also useful for anaemia. Also a blood purifier and assists in lowering blood pressure. The high mineral content may be the reason for nettle tea's ability to reduce the severity and occurrence of oedema, leg cramps as well as menstrual cramps, and its ability to support strong bones. Used as a general detoxifying remedy.

Parsley leaf: The leaves are used in cooking and to offset the odour of

garlic on the breath. The fruit, or seeds, are rich in the minerals calcium, potassium and silica. Actions include anti-microbial, laxative, diuretic, carminative, gastric and uterine tonic.

Radish leaf: An excellent diuretic, liver and bowel cleanser. Reduces gallstones and kidney stones. Radishes are rich in ascorbic acid, folic acid and potassium. Also a good source of vitamin B6, magnesium, copper and calcium - nutrients which contribute to the correct balance of fluids, both in and outside cells.

Watercress: An excellent cleanser of the liver, bile ducts and gallbladder. Contains the vitamins B, C, E, folic acid and beta carotene. Minerals include: very high levels of sulphur, as well as calcium, iron, sodium, magnesium, phosphorous, potassium, choline and iodine. These nutrients work in combination to support kidney function and hence fluid retention / oedema. Useful in cases of arthritis and gout, and as a skin cleanser.

