

The ONE and ONLY!

SOLARAY®

DIETARY SUPPLEMENT
AND PLAN

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CONTINENCE® MAX

is an all new and improved bladder strength formula. Butterbur, St. John's Wort, and GABA, together with Flowtrol,™ a medically and nutritionally researched blend of supportive herbs, combine to make a powerful, extra strength formula to support bladder strength. TRY CONTINENCE® MAX dietary supplement and plan today for your self-confidence and quality of life!

CONTINENCE® PLAN

- Drink enough fluids – At least 50 ounces (about 6 1/2 cups) per day. Limiting daily fluid intake can actually aggravate weakened bladders.
- Avoid beverages with caffeine and alcohol, as they can increase urine production.
- Eat foods high in fiber and avoid beverages that can irritate the bladder (i.e. grapefruit juice and tomato-based products).
- Maintain a normal healthy weight.
- Avoid smoking.
- Get adequate rest.
- Perform Kegel exercises on a daily basis. These exercises involve strengthening the muscles which control the flow of urine. They can be done in just 5 minutes, 3 times a day, while sitting, standing, or lying on the floor. Noticeable improvement in bladder strength may be seen within 6 weeks; however it may take longer in some individuals. Ask your health care professional about how to perform these exercises properly.

EXTRA STRENGTH
Continence®
Max



With
Flowtrol™

Bladder Strength Formula

90 Vegetarian Capsules

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product, especially if taking a prescription medication. Do not use if you are pregnant, nursing, or taking a prescription MAO inhibitor. Avoid prolonged exposure to the sun or UV light.

Directions: Use only as directed. Take three vegetarian capsules daily. Store in a cool, dry place.

Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	1%†
Dietary Fiber	<1 g	<2%†
Butterbur (Petasites hybridus) (root extract) (Guaranteed to contain 22.5 mg (15%) sesquiterpenes)	150 mg	*
St. John's Wort (Hypericum perforatum) (aral extract) (Guaranteed 900 mg (0.3% Hypericin))	300 mg	*
GABA (Gamma-Aminobutyric Acid)	25 mg	*
Flowtrol™ Herbal Control Blend	1,080 mg	*
Pumpkin (Cucurbita pepo) (seed extract) (4:1), Cranberry (Vaccinium macrocarpon) (berry extract) (as Cranberry AF™ Extract), Morinda (Morinda officinalis) (root extract) (5:1), Psoralea (Psoralea corylifolia) (fruit extract) (5:1), Raspberry (Rubus chingii) (fruit extract) (5:1), Alpina (Alpina oxyphylla) (fruit/seed extract) (5:1)		

†Percent Daily Value based on a 2,000 calorie diet.
Daily Value not established.

Other Ingredients: Maltodextrin, Cellulose, Vegetable Cellulose Capsule, Rice Bran Extract, Rice Hull Concentrate and Calcium Phosphate.

Discussion: This product is certified to contain no more than 5ppm of pyrrolizidine alkaloids.

INGREDIENT FEATURES

- Butterbur is believed to relax smooth muscle tissue. The German Commission E Monograph lists butterbur as an antispasmodic.
- The Butterbur in this product is certified to contain no more than 5ppm of pyrrolizidine alkaloids.
- St. John's Wort promotes normal function of the bladder by supporting smooth muscle tissue in the bladder.
- GABA was researched to help support normal urine frequency and urge.
- The four Chinese herbs in this formula (Morinda Root Ext., Psoralea Fruit Ext., Raspberry Fruit Ext., Alpina Oxyphylla Ext.) have been used in Chinese medicine to support bladder strength.
- Pumpkin Seed Extract supports normal pelvic floor muscle function.
- Clinical studies confirm that compounds in the Cranberry AF™ Extract create anti-adherence factor on cells that line the urinary tract, thus supporting bladder health.

DISCUSSION:

Maintaining Normal Bladder strength is an issue for approximately 13 million Americans, 85% of them women. This issue can occur at any age. Children may also face it. Taking Continence® Max dietary supplement and following Continence® Plan now offers hope to those who face this inconvenience. This product is certified to contain no more than 5ppm of pyrrolizidine alkaloids.



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Net by Nutrafamily Corp.

Comments or Questions:

Solaray

Park City, UT 84049 USA

800-538-5888

www.solaray.com

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