



Water-Soluble Pumpkin Seed Extract 60 vegetarian capsules

Aging individuals frequently encounter a weakening of the bladder and its sphincter muscle that controls the release of urine.

Laboratory and human clinical studies demonstrate that ingestion of **water-soluble pumpkin seed extract** can significantly improve the *structural* support of the bladder and the *function* of the sphincter muscle.⁵⁸⁻⁶²

The data supporting the value of **water-soluble pumpkin seed extract** is particularly strong in studies performed in **women**. A clinical study of aging *men* also demonstrated positive results.⁶²

The pumpkin seed has a long history of use in helping to maintain healthy bladder function. Japanese scientists have patented a method to obtain the *water-soluble* constituents of the pumpkin seed, which are absorbed far more efficiently into the bloodstream. These *water-soluble* pumpkin seed extracts appear to be the active constituents that help with the **urinary discomforts** endured by so many maturing women and men.

Clinical studies on women and men have used capsules containing **262 mg** of *water-soluble pumpkin seed extract* and **50 mg** of **soy isoflavones** taken two times each day. The results from human studies show the maximum benefits occurring after six to eight weeks of continued use.⁶⁰⁻⁶²

For those who are taking other soy supplements or are allergic to soy, **this version** of Water-Soluble Pumpkin Seed Extract **does not contain soy isoflavones**.

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

Amount Per Serving

Water Soluble Pumpkin (<i>Cucurbita pepo</i>) Extract (seed)	262 mg
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Other ingredients: rice flour, vegetable cellulose (capsule), maltodextrin, stearic acid, vegetable stearate, silica.
