



## Bladder-Q

- **Promotes bladder strength**
- **Calms over active bladder**
- **Reduces inflammation of urinary tract tissues**
- **Anti-spasmodic**

Bladder-Q is an advanced nutritional supplement that promotes a strong bladder and calms an over active bladder. This formula contains a blend of herbs that includes Shisandra, Passion flower and Ginseng. Bladder-Q also contains Valerian root which calms bladder spasms. Bladder-Q is used for bladder pain relief and symptoms of interstitial cystitis. This herbal blend also coats irritated internal tissue, providing an anti-spasmodic or calming effect.

**Dosage:** Take 2 capsules twice daily or as directed by your health care practitioner.

**Contraindications:** Not for use in children or pregnant and nursing women.

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