



NATURE'S SUNSHINE

Kidney Drainage

GOOD FOR

Kidneys

Urinary System

Bladder

SIZE **2 fl oz**

ITEM # **3168**

SERVING **1 mL**

SUPPLY **29 days**

DIRECTIONS FOR USE Take 1 mL (approximately 15–20 drops or ¼ teaspoon) in water twice daily.

— How the Key Ingredients Work

Kidney Drainage brings together four time-honored botanicals — asparagus, plantain, juniper berries, and goldenrod — each chosen for its traditional role in supporting the kidneys, encouraging healthy fluid balance, and helping the body clear what it no longer needs. Together they form a gentle, well-rounded formula that supports your urinary system from multiple angles.

Asparagus — Asparagus has been valued for centuries as a natural way to support the kidneys and encourage healthy urine flow. It contains a compound called asparagine along with potassium, both of which are linked to its gentle diuretic qualities. Research also points to its ability to help maintain healthy blood pressure and support balanced blood sugar, making it a well-rounded addition to any kidney-support formula. Its rich supply of plant antioxidants — including quercetin and rutin — helps the body defend against everyday oxidative stress, keeping cells and tissues in good shape.

Plantain — Broadleaf plantain is a humble roadside herb with a surprisingly impressive wellness résumé. Traditionally used across many cultures to soothe and support the body, it brings a meaningful antioxidant contribution to this formula through compounds like plantamajoside and caffeic acid that help protect cells from oxidative wear and tear. Animal and laboratory studies also suggest it may help support healthy blood sugar levels, and clinical research on related plantain species points to benefits for blood pressure and even respiratory comfort. Its broad, gentle action makes it a supportive companion for the kidneys and overall fluid balance.

Juniper Berries — Juniper berries are one of the most recognized traditional herbs for urinary and kidney wellness in European herbal medicine. For centuries, herbalists across Europe, North America, and the Middle East have turned to juniper to encourage healthy urine production and help flush the urinary tract. The German Commission E and the European Medicines Agency have both recognized juniper's traditional role as a diuretic for minor urinary complaints. A naturally occurring compound in the berry's volatile oil is thought to support increased urine volume without significantly disturbing the body's electrolyte balance — a gentle, time-tested way to keep things flowing.

Goldenrod — Goldenrod — known botanically as *Solidago* — is a bright, flowering herb with deep roots in European and North American herbal traditions. It is perhaps best known as a urinary tonic, and formal European phytotherapy bodies including ESCOP and the German Commission E have recognized its use for supporting the urinary tract. Beyond its urinary benefits, goldenrod is rich in flavonoid antioxidants such as quercetin, kaempferol, rutin, and chlorogenic acid, which help the body manage everyday inflammation and oxidative stress. Human clinical studies using goldenrod-containing herbal blends have also highlighted its role in supporting comfort and mobility, rounding out its profile as a versatile wellness herb.

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