



Naka Products

Uric Cleanse: Available in 60 Caps

Product benefits by category:

- GOLD** Arthritis & Joint Care.
- SILVER** Detoxification.
- BRONZE** Antioxidant.



Recommended purpose or use: Used in herbal medicine as a diuretic.

Recommended dose: (Adult) Take one (1) capsule three times daily.

Direction of use: Take one (1) capsule with each meal three times daily.

A build-up of uric acid in the body can contribute towards the painful symptoms of gout. The active ingredients in this specialized herbal formula can help cleanse uric acid from the body, aid digestion to help ease and prevent gout, rheumatism, arthritis and other joint pain. The formula contains Parsley, a rich source of Vitamin C. It's often used as an effective diuretic, helping the body to get rid of excess water. It's also used as a cleansing, digestive aid. Both anti-rheumatic and anti-inflammatory Celery Seed is included in the formula to aid digestion. Rich in dietary fibre, Fenugreek aids constipation. It's active ingredients (steroidal saponins) account for many of its beneficial effects, including lowering cholesterol. Dandelion is slightly laxative, as it helps stimulate digestion to ease constipation and indigestion and aids the liver by increasing bile flow to help cleanse the body. Bromelain is an enzyme derived from pineapple juice that is a powerful anti-inflammatory and protein-digesting enzyme.

Medicinal ingredients: Each capsule contains:

Parsley (<i>Petroselinum crispum</i>) [Leaf] [Extract ratio 10:1; QCE: 1250 mg]	125 mg
Celery (<i>Apium graveolens</i>) [Seed] [Extract ratio 8:1; QCE: 1000 mg]	125 mg
Fenugreek (<i>Trigonella foenum-graecum</i>) [Seed] [Extract ratio 4:1; QCE: 200 mg]	50 mg
Dandelion (<i>Taraxacum officinale</i>) [Root] [Extract ratio 10:1; QCE: 500 mg]	50 mg
Papain (from <i>Carica papaya</i>) [30000 USP units/mg]	50 mg
Bromelain [from stem of <i>Ananas comosus</i>] [2400 GDU/g]	50 mg
Protease [<i>Aspergillus oryzae</i>] [500 HUT/mg]	50 mg

Non-medicinal ingredients: Magnesium Stearate, gelatin (capsule ingredient). Contains no artificial preservatives, colours, corn, nuts, eggs, dairy or sweeteners.

Cautions and warnings: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have diabetes and/or undergoing hypoglycaemic therapy.

Contraindications: Do not use if you are pregnant or breastfeeding. Do not use if you have liver or gall bladder disorders, and/or bowel obstruction. Discontinue use if you develop symptoms of liver trouble.

Gelatina: Available in 500 mg (Bovine Source)

Product benefits by category:

- GOLD** Arthritis & Joint Care, Injuries.
- SILVER** Athletic Performance, General Prevention, Osteoporosis.
- BRONZE** Anti-aging.

Gelatina contains hydrolyzed gelatin powder and is rich in 20 amino acids including hydroxyproline, proline and glycine, which are known to strengthen and rebuild joint cartilage. Clinical studies conducted by Dr. Beuker, director of the Department of Sports Medicine at the University of Dusseldorf, Germany, revealed that supplementing with hydrolyzed gelatin clearly reduces joint pain and symptoms of inflammation in his patients. Another study showed that athletes who were supplementing their diets with hydrolyzed gelatin performed much better under high physical stress. This was mainly attributed to the hydroxyproline and proline amino acids found in hydrolyzed gelatin. Glycine, another component in hydrolyzed gelatin is useful to repair damaged tissue and slow muscle degeneration, as stated in the "Prescription for Nutritional Healing."

Directions:

Add 2 tablespoonsful (12 g) daily or 2 tablespoons full twice a day (24 g) to a half glass of mineral water or fruit juice and mix well before use. Gelatina should be taken over a longer period of time.

Ingredients:

Hydrolyzed gelatin, fructose, citric acid and natural flavours.

