

Hydrangea

100 capsules, Single herb, Stock No. 395-6

Hydrangea, a native herb, is known as seven barks to the Cherokees and other Native Americans because when the root is cut it appears to have seven layers. The root is often called gravel root and stone root. Hydrangea, a bitter and a solvent, supports the urinary system.

Did you know?

The use of hydrangea for eliminating kidney stones has not been proven scientifically, but the root has a long list of testimonials from those who have employed it. It is quite a harsh herb and not generally used on a daily basis. It is one of the minority of herbs used in acute situations such as when a kidney stone begins to move down the urinary tract.¹

NSP Advantage

100 capsules. Single herb.

Ingredients: 325 mg of the finest hydrangea (*Hydrangea arborescens*) root.

Hydrangea has naturally-occurring amounts of chromium, manganese, niacin, phosphorus, potassium, protein, selenium, and silicon.

Recommendation: Take two capsules with a meal three times daily.

1. Pedersen, Mark, *Nutritional Herbology*, Wendell W. Whitman Co., 1994, page 114.

Features & Benefits

- Traditionally used to enhance the elimination process, especially in the urinary system, and to lessen the pain associated with passing kidney stones.
- Traditional uses and anecdotal evidence suggest hydrangea may help eliminate, or prevent the formation of, kidney and bladder stones.
- Traditionally used for urinary system imbalances, including kidney and bladder stone, incontinence, and benign prostate hypertrophy.