

# TECHNICAL DATA SHEET



## ORGAN SUPPORT KIDNEY™

Supports healthy kidney function.

Maximize kidney cleanse and function while addressing oxidative stress. Mountain Peak Nutritionals created **Kidney** formula to meet the nutritional requirements needed for the body to optimize and support healthy renal function and efficiency.

### Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount per Serving	% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate, pyridoxine HCl)	35 mg	2059%*
Proprietary Kidney Blend	700 mg	**
Pipsissewa (aerial parts), Cordyceps (mycelium)(organic), Uva-ursi Extract (leaf), Dandelion Extract (leaf), Goldenrod Extract solidago spp.) (aerial parts), Marshmallow Extract (root), Milk Thistle Extract (seed), Parsley Extract (leaf), Rehmannia Extract (root), Acetyl-L-Carnitine, Asian Ginseng (Panax ginseng) Extract (root)		

\* Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose and water).

### INGREDIENTS:

#### Pyridoxal-5-Phosphate

Since the formation of advanced glycation end-products (AGEs) is such a well-established factor in kidney health, nutrients that have been shown to affect AGEs constitute a front line, low-cost option. A formidable AGE antagonist is the vitamin B6 compound pyridoxal-5-phosphate. A plethora of research confirms its effects on the formation of AGE's (1). Evidence has also emerged that suggests P-5-P may limit the formation of advanced lipoxidation end products (ALE's)(2).

#### Acetyl-L-Carnitine

Some people may not manufacture enough carnitine to meet metabolic needs and may need to make dietary adjustments to ensure an ample supply. Acetyl-l-carnitine has an acetyl group (CH<sub>3</sub>C=O) added. Carnitine deficiency is itself a known factor in kidney health(6).

### **Pipsissewa (Chimaphila umbellata)**

Orally, pipsissewa is traditionally used to support urinary function. It contains constituents and metabolites that have diuretic, astringent, and soothing properties that may be useful to cleanse the kidney.

### **Marshmallow Root (Althaea officinalis)**

Marshmallow root has demulcent properties that supports mucus membranes. Marshmallow supports a healthy urinary tract, urinary flow, and tissue health (7).

### **Cordyceps Sinensis**

Cordyceps promotes healthy kidney function (8). Cordyceps has been studied in correlation with serum creatinine and hemoglobin and serum albumin levels.

### **Parsley**

Parsley contains volatile oils, carotene, vitamins B1, B2 and C. Parsley is believed to support the kidney epithelium, which promotes healthy renal blood flow and glomerular filtration rate (9).

### **Panax Ginseng Root**

Ginseng is widely known and accepted as a powerful adaptogen. The constituents that are considered most useful are triterpenoid saponins referred to as ginsenosides or panaxosides. Panax ginseng is beneficial in helping support healthy blood sugar levels (10).

### **Rehmannia glutinosa (root)**

Rehmannia is well-respected Chinese herb that rebalances the yin and yang, acts as a cooling herb that nourishes and tonifies the kidney and its yin (fluids), to support the kidney's normal functioning condition. Rehmannia supports the kidneys, adrenal glands, and tonifying of the blood.

### **Goldenrod (Solidago)**

Goldenrod's constituents and metabolites have diuretic and soothing properties. Goldenrod has been studied in correlation with its use and urine volume (water loss) and electrolyte excretion (12).

### **Uva Ursi (Bearberry)**

The applicable part of Uva ursi is the leaf. Uva ursi contains a compound called arbutin, a glycosylated hydroquinone, which may affect water levels in cells, promoting healthy kidney function (13).

### **Milk Thistle**

Silymarin is extracted from milk thistle (*Silybum marianum*), a plant rich in the flavonolignans silychristin, silydianin, silybin A, silybin B, isosilybin A and isosilybin B, which are collectively known as the silymarin complex. This safe, natural compound has a long history as a traditional support for liver and kidney function (3).

### **Dandelion (Taraxcum officinale)**

Dandelion leaves and root contain quercetin, vitamins A, B-complex, C and D as well as the minerals iron, potassium and zinc. Dandelion's constituents have diuretic properties and the minerals present may replace those that are lost in the urine (11).

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

**mountainpeaknutritionals.com**

**email us: support@mntnpeaknutrition.com**



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## **REFERENCES**

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