

# 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		%DV
Vitamin B6 (as Pyridoxal-5-Phosphate)	25 mg	1471%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Magnesium (as Citrate)	50 mg	12%
Acetyl-L-Carnitine HCl	25 mg	*
Pipsissewa (Chimaphila umbellata) (leaf)	200 mg	*
Cordyceps sinensis extract (mycelium) (40% Polysaccharides)	75 mg	*
Uva Ursi extract (A. uva-ursi) (leaf) (20% Arbutin)	75 mg	*
Marshmallow extract (Althea officinalis) (root) (4:1)	50 mg	*
Rehmannia glutinosa extract (root) (4:1)	50 mg	*
Parsley extract (Petroselinum crispum) (leaf) (4:1)	50 mg	*
Goldenrod extract (Solidago virgaurea) (aerials) (4:1)	50 mg	*
Milk Thistle extract (Silybum marianum) (seed) (80% Silymarin)	50 mg	*
Dandelion extract (Taraxacum officinale) (leaf) (4:1)	50 mg	*
Asian Ginseng (Panax Ginseng) extract (80% Ginsenosides) (root)	25 mg	*

\* Daily Value not established.

**Other ingredients:** vegetarian capsules (Hypromellose, purified 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).

#### **Magnesium Citrate**

Recent evidence suggests that increases in both serum and intracellular magnesium (Mg) can slow the development of vascular calcification (4). Epidemiological studies have found associations between higher levels of serum magnesium and kidney function (5).

#### **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 Gingseng 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@mtnpeaknutrition.com**



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