

RENA-DETOX

MILD DIURETIC

BIO-Vega's RENA-DETOX capsules are primarily composed of cherry stems. The cherry's stem is generally discarded when we consume them. Yet, it's a particularly precious part used in alternative and complementary medicine. It provides distinct and non-negligible nutritional advantages and is considered a phenomenal natural diuretic.



Dosage form Capsule
 Recommended route of administration Oral
 NPN # 80064592

Dosage

Cherry stems (*Prunus cerasus*) 100 mg (10:1, QCE* 1000 mg)
 * Equivalent quantity to 1 000 mg



Nos produits de santé naturels sont fabriqués au Canada et sont garantis **sans OGM et sans Pesticides**. De plus, nos méthodes de production respectent les exigences de **bonnes pratiques de fabrication (BPF)** mentionnées dans la réglementation de Santé Canada.

MEDICINAL PROPERTIES

- Diuretic
- Depurative
- Astringent
- Antiseptic
- Laxative

THERAPEUTIC INDICATIONS

● **Diuretic**

Cherry stems have been used for centuries in phytotherapy as an effective and safe diuretic solution. These diuretic effects are thought to be primarily due to the naturally occurring bioflavonoids and potassium salts contained in cherry stem.

Indeed, cherry stems have shown to stimulate the elimination of body wastes through urine and the digestive process in general, thereby helping to alleviate water retention and provide relief from bloating, swelling and other classic symptoms of edema, such as heavy legs. Cherry stems are also of considerable value as a supportive to the body's natural detoxification process, and thus often figure prominently in detoxification programs.

● **Weight loss**

Cherry stems are often recommended to help regulate metabolism, and to support weight loss. Because of their ability to help the body flush out wastes and toxins, cherry stems are

believed to help the body eliminate fat and cellulite and to help the skin retain/regain its shape and elasticity throughout the weight loss process. Further, cherry stems help normalize bowel activity and support detoxification processes, both of particular importance during weight loss. Finally, according to recent scientific research published in the American Chemical Society's Journal of Agricultural and Food Chemistry, the polyphenolic flavonoid compounds, anthocyanins present in cherry stems, help increase insulin production by 50 %, and may thus be helpful to stabilize blood sugar levels and control appetite.

● **Urinary tract**

Because of their powerful diuretic and anti-inflammatory properties, cherry stems are often used, either powdered or in tea form, to help cleanse the kidneys and urinary tract, and to help alleviate symptoms associated with conditions such as UTIs, interstitial cystitis and glomerular diseases in general. Cherry stems

can also help to break down and clear stones formed in the urinary tract and kidneys. Of note however, if the stones are too large to pass safely, it is best to discuss the best approach for your particular condition with a knowledgeable healthcare practitioner.

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OUR MANUFACTURING METHODS

If all wines are not born equal, the same goes for phytotherapy products. Thus, BIO-Vega products are distinguished by:

- The **care** with which raw materials are selected.
- The **wide variety of plants and natural substances** used in the compositions.
- The **extraction methods** are inspired by both traditional methods and spagyric based on alchemical principles in order to extract the full therapeutic potential of plants. In fact, the substances extracted from the plants are first separated, treated and then combined again to provide an essence containing all the curative elements of the plant, including the trace elements while preserving the whole life force of the plant.

But above all, the great distinction of BIO-Vega products lies in **the exclusivity of its recipes** strongly influenced by the ancient traditions of Chinese as well as Oriental medicine, and in the variety and finesse of the methods of extraction of the active elements of plants and natural substances.

PLANTS OF RENA-DETOX

● Cherry stems

The cherry, *Prunus cerasus* (sour cherry, tart cherry, or dwarf cherry), is a species of *Prunus* from the subgenus *Cerasus* (cherries). Native to much of Europe and southwest Asia, the *Prunus cerasus* is closely related to the sweet cherry (*Prunus avium*), but its fruit is more acidic and offers greater benefits to health.

A "drupe" fruit, meaning it has a central seed with a fleshy exterior, the cherry is a nutritional powerhouse, and has been enjoyed for centuries both for its sweet, delicate and distinct flavour, as well as for its considerable nutritional value.

Cherries are an extremely rich source of

OUR MISSION

BIO-Vega is a Canadian (Quebec) Natural Health Products company whose mission is to offer high quality natural health products to help you heal yourself and stay naturally healthy.

minerals (especially potassium), vitamins, protein and fiber, and are chock-full of antioxidants. They also contain polyphenolic flavonoid compounds called anthocyanins, which have powerful, scientifically proven anti-inflammatory properties against COX 1 and 2 pro-inflammatory enzymes (which conventional anti-inflammatory drugs also target), so are great to help reduce pain. Anthocyanins are also of considerable value to brain health and have been shown to improve memory.

While cherry trees begin producing fruit as early as about five years old, it typically takes a good ten to fifteen years for the plant to reach maturity. At that time, a cherry tree can consistently produce more than 100 pounds of fruit per season.

Though most people typically consume the cherry and leave the stem behind, the cherry stem is actually, like its fruit, packed with nutrition and offers distinct nutritional benefits.

Science tells us that cherry stems contain precious volatile oils and potassium salts which are both anti-inflammatory and diuretic, and like cherries, cherry stems also have powerful detoxifying and depurative properties.

Indeed, from a therapeutic perspective, the stem is an extremely valuable part of the cherry. In fact, in alternative and complementary medicine circles, cherry stems have long been recognized as a first-rate natural diuretic when made into a tea or dried and encapsu-

lated. Convenient, effective and safe.

Further, because cherry stems belong to the rose shrub family, they also have potent laxative properties, so are of great value to help treat various forms of constipation. As a depurative, cherry stems can offer solid support in conditions such as cellulitis, cystitis, flu, lithiasis and obesity. In fact, cherry stems are a wonderful addition to begin any weight loss process.

Finally, cherry stems have proven helpful in the treatment of kidney issues, gout and rheumatism, as well as to help strengthen the nerves by exerting an overall calming effect. ●



CONCOMITANT PRODUCTS

Urinary tract infections and conditions of the kidneys and urinary passages in general are very common, only respiratory infections occur more often in practice. Phytotherapy is particularly effective at quickly alleviating the symptoms and helping support the urinary system. Cherry stems are a classic and scientifically validated diuretic solution. They can be combined very effectively with various other plants such as chamomile, ginger, fennel, mustard, agrimony, elder flower, juniper berries, horsetail, plantain, uva ursi and yarrow root. Grapeseed extract and probiotics are other adjunctives to consider