



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Manganese (Chelate).....	20 mg	1000%
Zinc (Chelate).....	6 mg	40%
Proprietary Blend.....	630 mg	-
Cha de Bugre (Leaves); Lycopodium (Herb); Juniper (Berries); Peach (Bark); Snake (Root); Buckthorn (Bark); Epsom Salt; Spikenard (Bark); Saw Palmetto (Herb)		
* Daily Value is not established		

Other Ingredients: Cellulose, Dextrose and Leucine

▼ **DOSAGE**

- Take 2 capsules up to twice a day, for 1-3 months, or as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

One of the actions of many herbs is to assist the body's normal water excretion pathways. The predominant mechanism to help get rid of excess water is via helping the cells excrete excess sodium via the kidneys and urination. As sodium is excreted, water is removed resulting in the body regulating osmolarity, mineral balance, blood pressure, and pH.

▼ **LIFESTYLE**



#450 KDIR (Fluidren)

Features a synergistic array of North and South American herbs to support various aspects of the body's normal, healthy kidney performance and cellular water processes, including natural support of the kidneys calculi discarding functions.

▼ **INDICATIONS**

- Occasional water retentiveness
- Normal kidney functions
- Normal kidney mineral sediment processes

▼ **KEY COMPONENTS**

- **Cha de Bugre** – Cafe do Mato. From the Brazilian, Argentinian, and Paraguayan rain forest herbal traditions, this herb is widely used to support normal, healthy kidney functions.
- **Buckthorn** – Often used in both the Chinese and Ayurvedic herbal traditions, the ancient text cite how the kidneys and heart form a "system of support" for normal, healthy body function. Buckthorn is used both as food and as a herb.
- **Lycopodium** – The spores of the club moss fern, "lyco (wolf's) podium (foot)" have been used for centuries to support normal, healthy kidney activities, urination processes, as well as reproductive organ functions.
- **Juniper** – Considered a purifying herbal tonic, studies demonstrate that juniper berries support normal kidney/urinary tract processes, especially helpful to the kidney activities that manages normal uric acid functions, including excretion of molecules slated for removal from the body.
- **Snakeroot** – Traditional herb. Supports the normal flow of urine via support of healthy system processes.
- **Peach Bark** – Often cited in herbology for its support of normal kidney maintenance activities via intestinal hydrogogue properties as well as kidney support.
- **Spikenard** – An herb revered for its essential oil and normal purification process support. References to Spikenard are in the Bible's Old and New Testaments, the Hebrew Talmud, Pliny's Natural History, and Ayurvedic herbal texts.

▼ **CONTRAINDICATIONS**

None when used as recommended.

▼ **CLINICIAN CONSENSUS**

- General Fluid Retention Program:
 - #450 KDIR - Fluidren
 - #32 Gb - Pituitary/Pineal
 - #58 Ks - Kidney-s

▼ **BACKGROUND**

Doc Wheelwright was alarmed about the proliferation of potassium-depleting diuretic drugs (often used to artificially force down blood pressure). With potassium being a critically important nutrient to cellular nutrition, the heart, and fluid balance between the inner cells and the extracellular matrix, he cited that no genuine healing results could come from interfering with the body's sodium/potassium balance at the expense of the potassium. Thus he created a gentle, herbal diuretic that works via the kidneys and does not force the excretion of potassium. He often said that KDIR was gentle, often requiring 21 days to show full effect, but day by day, its effectiveness would support the body's normal processes to manage simple and occasional fluid retention.

▼ **SYNERGISTIC CONSIDERATIONS**

- #56 K - Kidney
- #58 Ks - Kidney-s
- #32 Gb - Pituitary/Pineal
- #102 ACX - Vitamin DTX
- #400/#2400 APHA - pH Control
- #775/#2775 Water Tonify - Strengthen Bones
- #770/#2770 Water Sedate - Remove Dampness
- #745/#2745 Earth Tonify - Warm The Center
- #740/#2740 Earth Sedate - Clear Congestion

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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