



Renal Complex

Nutritional Support for
Healthy Kidney Function*

Renal Complex is a comprehensive nutritional formula featuring key herbal extracts and micronutrients that help support healthy kidney function.* The kidneys are essentially the “trash collectors” of the human body. As such, when the kidneys are not performing properly or they become damaged, the body has a tough time filtering waste materials from foods, blood, medications, and noxious substances.

While the kidneys can regenerate and recover on their own over time, they require certain nutrients to expedite the process. This is where the nutrients in Renal Complex can help by supporting healthy kidney function and integrity.*

How Renal Complex Works

The foundation ingredients of the Renal Complex formula are high-potency extracts of cordyceps mycelium and Chinese salvia root. These herbal ingredients contain key compounds that support kidney function and cellular regeneration.* Renal Complex also contains the potent antioxidant—N-acetyl-L-cysteine (NAC)—and bioavailable B vitamins which complement the kidney-supporting properties of cordyceps and Chinese salvia.*

Cordyceps Mycelium Extract

Cordyceps mycelium is an entomogenous fungus that has been used for over six centuries in traditional Chinese medicine for supporting immune function, stamina, cardiovascular health, and a variety of other vital biological processes.* The primary bioactive constituents of cordyceps include cordycepin and its derivatives, adenosine, polysaccharides, and ergosterol. Research suggests that these compounds, particularly adenosine, support healthy kidney function and help maintain healthy fluid and electrolyte balance throughout the body.*^{1,2}

Chinese Salvia Root

Chinese salvia is one of the most prestigious herbs in traditional Chinese medicine due to its profile of salvianolic acids. A specific salvianolic acid in Chinese salvia, known as salvianolic acid B, appears to assist the regeneration of renal tubular epithelial cells and counteract renal fibrosis.*³ Further evidence suggests that Chinese salvia root extract may also help protect kidneys from damage induced by diabetes.*⁴

NAC

N-acetyl-L-cysteine (NAC) is a highly bioavailable modified form of the amino acid L-cysteine; since L-cysteine is rarely found in foods, and not well-absorbed, it tends to be a limiting factor of glutathione production throughout the body. Research shows that NAC has protective effects on renal tissues by supporting glutathione (antioxidant) status.*⁵

Bioavailable B Vitamins

B vitamins, especially vitamin B12, folate, and vitamin B6, are crucial for individuals with renal impairment. When the kidneys are not functioning properly or they are damaged, homocysteine levels may increase and this can contribute to cardiovascular complications. The B vitamins in Renal Complex have protective actions in the kidneys by lowering homocysteine levels.*⁶

Renal Complex Supplementation

Research cited herein suggests that the herbal extracts and nutrients in Renal Complex play pivotal roles in supporting kidney integrity and function.* In turn, this formula can help promote healthy kidney-related homeostatic processes.* Benefits of Renal Complex may include:

- Helps promote healthy kidney function*
- Supports kidney cell regeneration*
- Supports waste material removal from the body*
- Supports fluid and electrolyte balance*



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Vitamin B6 (as pyridoxine HCl)	10 mg	590%
Folate (as folic acid and calcium-L-5 methyltetrahydrofolate)	438 mcg DFE (263 mcg folic acid)	110%
Vitamin B12 (as cyanocobalamin)	125 mcg	5,210%
Cordyceps Mycelium Extract [mycelium; <i>Ophiocordyceps sinensis</i> (standardized to 0.28% adenosine)]	200 mg	**
Chinese Salvia (root; <i>Salvia miltiorrhiza</i>)	200 mg	**
N-Acetyl L-Cysteine	200 mg	**

Other Ingredients:

Hypromellose (capsule), microcrystalline cellulose, and rice concentrate.

Directions:

Take one capsule one to two times daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Warning: Do not use if taking blood thinning medications, antihypertensive medications, hypoglycemic medications and insulin, digoxin or nitroglycerin, or before surgery.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

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4. Li, X., & Wang, H. (2005). Chinese herbal medicine in the treatment of chronic kidney disease. *Advances in chronic kidney disease*, 12(3), 276-281.
5. Small, D. M., Coombes, J. S., Bennett, N., Johnson, D. W., & Gobe, G. C. (2012). Oxidative stress, anti oxidant therapies and chronic kidney disease. *Nephrology*, 17(4), 311-321.
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