



New Formula!  
**KIDNEY™**

The overall presence of chronic kidney disease (CKD) in the U.S. is approximately 14% and rising. More than 30 million people in the U.S. are diagnosed with type 2 diabetes mellitus (T2DM), which accounts for 90-95% of all types of diabetes. Almost half of those with CKD also have diabetes and/or self-reported cardiovascular disease. Kidney disease is commonly referred to as a “silent disease” because there are often no symptoms in the early stages. Often, it goes undetected until the disease becomes far advanced and irreparable damage to the kidneys may occur before disease is diagnosed. Hence, it becomes essential to protect and prevent kidney disease by being proactive in caring for optimal kidney health. Mountain Peak Nutritionals created **Kidney™ formula** to meet the nutritional requirements needed for the body to optimize and protect renal function and efficiency.

## INGREDIENTS:

### Pyridoxal-5-Phosphate

Since the formation of advanced glycation end-products (AGEs) is such a well-established factor in the onset and progression of kidney disease, nutrients that have been conclusively shown to mitigate the effects of these lethal agents constitute a front line, low-cost intervention. A formidable AGE antagonist is the vitamin B6 compound pyridoxal-5-phosphate. A plethora of research confirms its power to halt formation of AGE's (1). Evidence has also emerged that P-5-P drastically limits the formation of equally deadly advanced lipoxidation end products (ALE's), another deadly catalyst for kidney disease (2).

### Magnesium Citrate

Recent evidence suggests that increases in both serum and intracellular magnesium (Mg) can slow or even prevent the development of vascular calcification seen in CKD (4). Epidemiological studies have found associations between higher levels of serum magnesium and improved survival among patients suffering from CKD (5).

### Acetyl L-Carnitine

People with kidney disease 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 causative factor in the development of kidney disease (6).

## Supplement Facts

Serving size: 1 capsule  
 Servings per container: 90

Amount per serving	%DV
Vitamin B6 (Pyridoxal-5-Phosphate)	25 mg 1471%
Vitamin B6 (Pyridoxine HCl)	10 mg 588%
Magnesium (as Citrate)	50 mg 13%
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 *
Panax Ginseng extract (80% Ginsenosides) (root)	25 mg *

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

\* Daily Value not established.

Other ingredients: vegetarian capsules (Hypromellose and water)

### **Pipsissawa (Chimaphila umbellata)**

Orally, pipsissawa is used as a urinary antiseptic. It is also used as a diuretic, astringent, antispasmodic and helps stimulate and cleanse the kidney.

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

Marshmallow root is a powerful demulcent that soothes and protects mucus membranes. Marshmallow reduces swelling of the urinary tract, increases urinary flow, fights infection and encourages tissue healing (7).

### **Cordyceps Sinensis**

Cordyceps reduces the risk of renal toxicity from cyclosporine or aminoglycoside drugs and proves beneficial in chronic renal failure (8). Cordyceps appears to decrease serum creatinine, increase creatine clearance, reduce proteinuria and alleviate CKD associated complications such as increased hemoglobin and serum albumin.

### **Parsley**

Parsley contains volatile oils, carotene, vitamins B1, B2 and C. Parsley is believed to activate the kidney epithelium, which increases 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 therapeutic are triterpenoid saponins referred to as ginsenosides or panaxosides. Panax ginseng is beneficial in helping reduce tissue insulin resistance and changes in gene expression in Type 2 diabetes (10).

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

Rehmannia is well-respected Chinese herb that re-balances the yin and yang with its cooling herbs that nourish and tonify the kidney and its yin (fluids), bringing the kidney back to its best functioning condition. Health benefits include strengthening the kidneys, the adrenal glands and tonifying the blood. Rehmannia has been clinically shown to slow down progressive renal failure in CKD (12).

### **Goldenrod (Solidago)**

Goldenrod is used as a diuretic, anti-inflammatory, and antispasmodic. Goldenrod is classified as an aquaretic, a compound that increases urine volume (water loss), but not electrolyte excretion (13). It helps flush harmful renal deposits from the kidney.

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

The applicable part of Uva ursi is the leaf. Uva ursi contains a compound called arbutin, a glycosylated hydroquinone, which has the ability to drain excess water from cells, promoting an antiseptic, astringent and diuretic effect on the kidneys (14).

### **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 therapy for liver and kidney conditions (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 has both diuretic effects and anti-inflammatory properties and replaces potassium that may be lost in the urine (11).

***Patients: Consult with your healthcare professional for the proper dosage and use of this formula. For more information about this and other Condition Specific Formulas® please visit our website at:***

[www.mountainpeaknutritionals.com](http://www.mountainpeaknutritionals.com)



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## **REFERENCES**

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