

# A-Retic™

## DESCRIPTION

A-Retic™, provided by Douglas Laboratories, is a carefully formulated blend of herbs specially designed as a water retention support formula.

## FUNCTIONS

A-Retic™ is a synergistic combination of several herbs including uva ursi, buchu and juniper berries to help support water retention in the body.

Juniper berries can have diuretic properties, as well as antispasmodic effects on smooth muscle. It was also used by the Zuni Indians to assist in childbirth and stimulate menstruation, and by American nineteenth-century herbalists to support the cardiovascular function and the urinary tract.

Buchu leaves and oil of buchu were used by the indigenous people of South Africa for hundreds of years. The medicinal use of buchu was taken up by the early Dutch settlers and brought to Europe. Buchu preparations have been traditionally used as diuretics.

Uva Ursi (*Arctostaphylos uva-ursi*), also known as bearberry, is a low-lying evergreen shrub found in Canada, Europe, and Asia. It has been used traditionally as a diuretic, astringent and urinary antiseptic for several hundred years.

## FORMULA (#7077)

### Each Tablet Contains:

Proprietary Blend.....480 mg  
Dried Powdered Juniper Berries, Buchu Leaves, Uva-Ursi, Cubeb and Asparagus

## SUGGESTED USE

Adults take 1-2 tablets every 4 hours or before meals and at bedtime, followed by 1 to 2 glasses of water, or as directed by physician.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Beaux D, Fleurentin J, Mortier F. Effect of extracts of *Orthosiphon stamineus* Benth, *Hieracium pilosella* L., *Sambucus nigra* L. and *Arctostaphylos uva-ursi* (L.) Spreng. in rats. *Phytother Res* 1999 May;13(3):222-5

Grases F, Melero G, Costa-Bauza A, Prieto R, March JG. Urolithiasis and phytotherapy. *Int Urol Nephrol* 1994;26(5):507-11  
Markkanen T, Makinen ML, Nikoskelainen J, et al. Antiherpetic agent from juniper tree (*Juniperus communis*), its purification, identification, and testing in primary human amnion cell cultures. *Drugs Exp Clin Res*. 1981;7:691-697.

Mascolo N, Autore G, Capasso F, et al. Biological screening of Italian medicinal plants for anti-inflammatory activity. *Phytother Res*. 1987;1:28-31.

Simpson D. Buchu--South Africa's amazing herbal remedy. *Scott Med J* 1998 Dec;43(6):189-91

**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.**

Distributed by

**Douglas Laboratories**

552 Newbold St., London, Ontario N6E 2S5

Phone: 866.856.9954 Fax: 888.220.9441

Email: [info@douglaslabs.ca](mailto:info@douglaslabs.ca) Website: [www.douglaslabs.ca](http://www.douglaslabs.ca)