

# Flow-Less

## *Supports Healthy Bladder Activity*



Item #76310  
60 Vegetarian Capsules

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### **The Possible Benefits of Flow-Less, a Dietary Supplement**

- May support healthy bladder function
  - May help reduce occasional urinary urgency
  - May promote sleep satisfaction
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### **Description**

Flow-Less is a proprietary blend combining a special pumpkin seed extract with soy isoflavones for support of bladder health in aging men and women.

The combination of pumpkin seed extract and soy isoflavones has been shown to support healthy bladder function. Pumpkin (*Cucurbita pepo L.*) seeds have long been used traditionally to support bladder health. EFLA® 940 is a special water-soluble pumpkin seed extract that contains a complete spectrum of polar and semi-polar constituents, and that has no rancidity and increased stability and solubility. Soy isoflavones are phytoestrogens that support healthy hormone levels. SoyLife is a patent-protected soy germ extract containing standardised isoflavones and other phytonutrients.

Signs of overactive bladder include an urgent need to urinate, more frequent urination both day and night, and incontinence. In men, urinary incontinence can be related to benign prostatic hyperplasia (BPH), and hormonal imbalances are associated with BPH in aging men. Hormone imbalances are also associated with a weakening of the pelvic floor in postmenopausal women. Stress incontinence in women can also result from childbirth, weight gain, or other conditions that stretch the pelvic floor muscles.

The combination of EFLA® 940 special pumpkin seed extract and soy germ isoflavones has been demonstrated in pre-clinical in vivo research to be helpful for urinary disorders associated with hormonal imbalances. In a six-week study of 39 women aged 52 to 86 years, a supplement containing EFLA® 940 and soy germ isoflavones significantly decreased frequency of urination within 1 week, followed by continued improvement. Sleep satisfaction and urinary incontinence also significantly improved.

In a six-week study of 45 males over the age of 65 suffering from pollakuria (awakened by the need to urinate), EFLA® 940 and soy germ isoflavones helped to decrease frequency of urination within one week, and it decreased 40% after 6 weeks. More than 86% of subjects reported that their symptoms improved or significantly improved, including sleep satisfaction. Japanese researchers found the combination was beneficial in a six-week study involving 50 women aged 35 to 84 with overactive bladder and stress incontinence.

Episodes of incontinence improved significantly, and patients with the largest number of incontinence episodes showed the greatest improvement.

EFLA® 940 pumpkin seed extract and soy germ isoflavones appear to exert beneficial activity by supporting healthy hormonal levels. Testosterone and dihydrotestosterone (androgens) potentially play an important role in the health of the pelvic-floor and lower urinary track. EFLA® 940 can bind to androgen receptors, which are found not only in male sexual organs, but to a lesser degree in female reproductive organs and muscles in the urinary tract. It also can inhibit 5-alpha reductase, the enzyme involved in the conversion of testosterone to dihydrotestosterone (DHT). Inhibition of 5-alpha reductase supports balanced levels of testosterone and DHT, and may promote healthy prostate structure.

Both EFLA® 940 and soy isoflavones can inhibit aromatase, an enzyme involved in the conversion of testosterone to oestradiol. Maintaining healthy testosterone levels in women can support the strength of pelvic muscles. Soy isoflavones are phytoestrogens and can attach to oestrogen receptors, where they exert balancing oestrogenic effects. All of these factors contribute to the

urinary health benefits of EFLA® 940 and soy isoflavones

Preliminary research also suggests that EFLA® 940 may help activate the arginine/ nitric oxide pathway, resulting in an increased production of the muscle relaxing nitric oxide.

Besides demonstrating reduction in the frequency of urination, decrease of incontinence episodes, subjective improvement in symptoms of overactive bladder, and improved sleep, studies also confirm the safety and tolerance of preparations of EFLA®940 pumpkin seed extract and soy germ isoflavones.

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Serving Size: 1 capsule

Servings Per Container: 60

**Amount Per Serving:**

Go-Less® Powder providing:	300 mg
EFLA® 940 Pumpkin Seed Extract	262.5 mg
SoyLife (40% Isoflavones from Soy Germ)	37.5 mg

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, stearic acid, silica, maltodextrin.

**Suggested Use:** As a dietary supplement, 1 capsule three times daily for the first two weeks. After two weeks, 1 capsule two times daily, or as directed by a health care professional.

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