






QUICK REFERENCE GUIDE

AZO®

Bladder Control



Product Name & Description	AZO® Bladder Control with Go-Less®
Indications	Naturally sourced ingredients to support bladder health and to help reduce occasional urgency and leakage.*
Active Ingredient	Clinically studied Go-Less® Proprietary Blend of Pumpkin (<i>Cucurbita pepo</i>) Seed extract and Soy Germ (<i>Glycine max</i>) extract.
Clinical Trials	1 double-blind, randomized, placebo-controlled trial and 2 open-label trials using Go-Less® blend showed significant improvement in nocturia and symptoms of overactive bladder. ¹⁻³
Mechanism of Action	Pumpkin seed extract tones and supports the detrusor and sphincter muscles to help maintain bladder muscle strength while soy germ extract helps sustain the pelvic floor to support healthy flow control.
Dosage and Administration	300mg Go-Less® blend per capsule Take one (1) capsule morning, noon, and night for the first 2 weeks. After 2 weeks, continue taking one (1) capsule, twice a day.
Where to Buy	    

- Sogabe, H. et al. (2001) "Open Clinical Study of Effects of Pumpkin Seed Extract/Soybean Germ Extract Mixture-containing Processed Food on Nocturia". Japanese Journal of Medicine and Pharmaceutical Science. 46(5):727-727
- Terado, T., et al., (2004) "Clinical study of mixed processed foods containing pumpkin seed extract and soybean germ extract on pollakiuria in night in elderly men." Japanese Journal of Medicine and Pharmaceutical Sciences. 52(4):551-561
- Shim, et al., (2014) "A randomized double-blind placebo-controlled clinical trial of a product containing pumpkin seed extract and soy germ extract to improve overactive bladder-related voiding dysfunction and quality of life" Journal of Functional Foods. 8:111-117

AZO® and AZO Bladder Control® are trademarks of DSM. Go-Less® is a registered trademark of Frutarom.

*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.