

# QUICK REFERENCE GUIDE

# AZO®

## Bladder Control & Weight Management



<b>Product Name &amp; Description</b>	AZO® Bladder Control & Weight Management with Go-Less®
<b>Indications</b>	Naturally sourced ingredients to help reduce occasional leakage and urgency and help balance metabolism and manage weight.*
<b>Active Ingredient</b>	Clinically studied Go-Less® proprietary blend of: pumpkin ( <i>Cucurbita pepo</i> ) seed extract and soy germ ( <i>Glycine max</i> ) extract Clinically studied <i>Cissus quadrangularis</i> CQR-300®
<b>Clinical Trials</b>	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  3 double-blind, randomized, placebo-controlled trials demonstrated CQR-300® <i>Cissus quadrangularis</i> showed a significant increase in serotonin levels and a decrease in waist circumference and body weight. 4-6
<b>Mechanism of Action</b>	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.  CQR-300® <i>Cissus quadrangularis</i> helps balance serotonin levels to support a healthy metabolism and weight.
<b>Dosage and Administration</b>	300mg Go-Less® blend per capsule and 150mg CQR-300® <i>Cissus quadrangularis</i>  Take one (1) capsule morning, noon, and night for the first 2 weeks. After 2 weeks, continue taking one (1) capsule, twice a day
<b>Where to Buy</b>	

- 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 pollikiuria 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
- Oben, J.E., et al., (2008) "The use of *Cissus quadrangularis*/Iringia gabonensis combination in the management of weight loss: a double-blind placebo-controlled study". Lipids in Health and Disease
- Oben, J.E., et al., (2007) "The effect of *Cissus quadrangularis* (CQR-300) and a *Cissus* formulation (CORE) on obesity and obesity-induced oxidative stress. Lipids in Health and Disease
- Kuate, D., et al., (2015) "The Use of *Cissus quadrangularis* (CQR-300) in the Management of Components of Metabolic Syndrome in Overweight and Obese Participants. Natural product communications. 1281-1286

AZO® and AZO Bladder Control® are trademarks of DSM.

Go-Less® is a registered trademark of Frutarom. *Cissus quadrangularis* CQR-300® is a registered trademark of Gateway Health Alliances, Inc. US PATENT 8,318,213

\*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.