

Dear Patient,

We are happy to share the following links which will allow you to obtain, via AMAZON, supplements which we recommend. We believe these substances will help lower the degree of inflammation in your bladder and in your body:

PLEASE TAKE ALL SUPPLEMENTS FOR THE FIRST 6 WEEKS

**1- Vitonica Bladder Ease Capsules 3x3 a day.**

[https://www.amazon.com/Vitonica-Bladder-Ease-Capsules-Count/dp/B004W6RU6K/ref=sr\\_1\\_2\\_s\\_it?s=hpc&ie=UTF8&qid=1522852819&sr=1-2&keywords=bladder+ease](https://www.amazon.com/Vitonica-Bladder-Ease-Capsules-Count/dp/B004W6RU6K/ref=sr_1_2_s_it?s=hpc&ie=UTF8&qid=1522852819&sr=1-2&keywords=bladder+ease)

**2-Marshmallow root natures way 2-2x a day.**

[https://www.amazon.com/Marshmallow-Root-480-Milligrams-Capsules/dp/B075RRN4MD/ref=sr\\_1\\_10?dchild=1&keywords=marshmallow+root+natures+way&qid=1591299943&sr=8-10](https://www.amazon.com/Marshmallow-Root-480-Milligrams-Capsules/dp/B075RRN4MD/ref=sr_1_10?dchild=1&keywords=marshmallow+root+natures+way&qid=1591299943&sr=8-10)

3- 2 tablet spoons of organic ground flax seed with a meal of choice.

**4- Body Bio Buterate with every meal.**

[https://www.amazon.com/BodyBio-Sodium-Butyrate-Vegetarian-Capsules/dp/B0058A9SF0/ref=sr\\_1\\_1\\_sspa?crd=3NGZ90OP0QHJV&dchild=1&keywords=bod+ybio+butyrate&qid=1591300514&sprefix=body+bio+buter%2Caps%2C160&sr=8-1-spons&psc=1&smid=A3JRV47QDS3NEM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUF5SRUkzNVpMTjNGTtYmZW5jcnlwdGVkSWQ9QTA1MTIzNjYzNVIIUk5CVIE5STk5JmVuY3J5cHRIZEFkSWQ9QTA5NzAwNjQzVEhSU0hDMk9ROUIVJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlia1JIZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/BodyBio-Sodium-Butyrate-Vegetarian-Capsules/dp/B0058A9SF0/ref=sr_1_1_sspa?crd=3NGZ90OP0QHJV&dchild=1&keywords=bod+ybio+butyrate&qid=1591300514&sprefix=body+bio+buter%2Caps%2C160&sr=8-1-spons&psc=1&smid=A3JRV47QDS3NEM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUF5SRUkzNVpMTjNGTtYmZW5jcnlwdGVkSWQ9QTA1MTIzNjYzNVIIUk5CVIE5STk5JmVuY3J5cHRIZEFkSWQ9QTA5NzAwNjQzVEhSU0hDMk9ROUIVJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlia1JIZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

**5- Vital nutrients pancreatin and Ox bile**

[https://www.amazon.com/Vital-Nutrients-Pancreatin-Supplement-Vegetarian/dp/B0058HXI3Q/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=Vital+nutrients+pancreatin+and+Ox+bile&qid=1591300607&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUeZUzBMNkpBVE4yVjVnJmVuY3J5cHRIZEFkPUEwNjkyMzg3UTNFUThKWDZKUzZTJmVuY3J5cHRIZEFkSWQ9QTA3Mjg5MTFGRlIHMDM3M0RHMfUmd2IkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://www.amazon.com/Vital-Nutrients-Pancreatin-Supplement-Vegetarian/dp/B0058HXI3Q/ref=sr_1_1_sspa?dchild=1&keywords=Vital+nutrients+pancreatin+and+Ox+bile&qid=1591300607&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUeZUzBMNkpBVE4yVjVnJmVuY3J5cHRIZEFkPUEwNjkyMzg3UTNFUThKWDZKUzZTJmVuY3J5cHRIZEFkSWQ9QTA3Mjg5MTFGRlIHMDM3M0RHMfUmd2IkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

For MALE patients please substitute supplement #1 for ( Vital Nutrient ) Saw  
Palmetto/Pygeum/Nettle  
<https://www.amazon.com/Vital-Nutrients-Palmetto-Supports-Prostate/dp/B000LNQ2T4>

**Thank you,**

**Urology Specialty Care**