

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- Vitanica Bladder Ease Capsules 3x3 a day.**

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

**2- Marshmallow root Nature's Way 2-2x a day.**

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

**3- 2 table spoons of Organic Ground Flaxseed with a meal of choice.**

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

[https://www.amazon.com/BodyBio-Sodium-Butyrate-VegetarianCapsules/dp/B0058A9SF0/ref=sr\\_1\\_1\\_sspa?crid=3NGZ90OP0QHJV&dchild=1&keywords=bod+ybio+butyrate&qid=1591300514&sprefix=body+bio+buter%2Caps%2C160&sr=8-1-spons&pvc=1&smid=A3JRV47QDS3NEM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFsRUkzNVpMTjNGTtYmZW5jcnlwdGVkSWQ9QTA1MTIzNjYzNVIIUk5CVIEExSTk5JmVuY3J5cHRIZEFkSWQ9QTA5NzAwNjQzVEhSU0hDMk9ROUIVJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGJja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/BodyBio-Sodium-Butyrate-VegetarianCapsules/dp/B0058A9SF0/ref=sr_1_1_sspa?crid=3NGZ90OP0QHJV&dchild=1&keywords=bod+ybio+butyrate&qid=1591300514&sprefix=body+bio+buter%2Caps%2C160&sr=8-1-spons&pvc=1&smid=A3JRV47QDS3NEM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFsRUkzNVpMTjNGTtYmZW5jcnlwdGVkSWQ9QTA1MTIzNjYzNVIIUk5CVIEExSTk5JmVuY3J5cHRIZEFkSWQ9QTA5NzAwNjQzVEhSU0hDMk9ROUIVJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGJja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

**5- Pure Encapsulations Digestive Enzymes Ultra**

[https://www.amazon.com/Pure-Encapsulations-Digestive-Comprehensive-Vegetarian/dp/B0016XGOVO/ref=sr\\_1\\_13?dchild=1&keywords=klair+digestive+enzymes&qid=1613054018&sr=8-13](https://www.amazon.com/Pure-Encapsulations-Digestive-Comprehensive-Vegetarian/dp/B0016XGOVO/ref=sr_1_13?dchild=1&keywords=klair+digestive+enzymes&qid=1613054018&sr=8-13)

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

