

WATER SHED

WaterSHED™ super diuretic formula is the perfect quick fix for water weight loss. Taken periodically, WaterSHED™ is great for a special weekend trip or event and it works noticeably within 3 days.

Absolute Nutrition has formulated WaterSHED™ to help you get rid of the bloated look. This supplement is a powerful natural diuretic! WaterSHED™ combines all natural ingredients that are gentle on one's system. And, WaterSHED™ will not deplete potassium.

WaterSHED™ will effectively manage periodic water retention problems. It contains a unique blend of herbs that are rich in "volatile oil constituents." These elements have a track record of diuretic ability and that's what Absolute Nutrition's WaterSHED™ delivers. It's the strongest diuretic available on the shelves today! Absolute Nutrition's meticulous step-by-step manufacturing process assures this products' potency, freshness and safety.



FREQUENTLY ASKED QUESTIONS

Q. Will WaterShed™ work for men and women?

A. Yes. Our unique botanical blend can help both men and women shed water weight.

Q. Why is potassium so important when taking a diuretic?

A. Potassium works with sodium to maintain the body's water balance. The kidneys regulate the level of potassium in the body. Potassium deficiency is not common but may result from excessive losses due to severe diarrhea, poor diabetic control, low-calorie diets (less than 800 calories per day), chronic alcoholism, hard exercise, or some diuretics and laxatives. Although their purpose is to eliminate excess sodium from the body, certain diuretics may increase potassium losses, while others retain potassium. If you take certain diuretics, you may need more or less potassium. Ask your physician about the type of diuretic drug you take and whether you require additional potassium. Some people who take diuretics may be prescribed a potassium supplement to help replace potassium loss.

Q. How should I use WATERSHED™?

A. For occasional use, take 2 tablets in the morning and 2 tablets in the evening. Take with 8 oz. of water and drink plenty of water, 6-8 glasses per day. Repeat for 3 consecutive days, then take 1 day off. If goals are not met, repeat for three more days. While occasional water retention is ordinary for most people, it could also be symptomatic of more serious illness. We recommend consulting a health care practitioner before beginning any weight loss program.

Q. Is WaterSHED™ safe?

A. Yes. WaterSHED™ contains a blend of natural botanicals that relieve the symptoms of water retention. Caffeine and stimulant free, this formula eliminates unpleasant side effects sometimes associated with other diuretics. Drinking plenty of liquids, especially water, helps the process all the more.

Q. How long should I continue to use WaterSHED™?

A. We recommend using WaterSHED™ for three consecutive days. Our bodies can develop a dependency on diuretics and continued usage could deplete other minerals that our bodies need. If more water needs to be depleted, take a day off before repeating a three day cycle.

Q. What makes WaterSHED™ so effective?

A. The secret of WaterSHED lies in the richness of our herbal volatile oil constituents.

Dandelion root (*Taraxacum officinale*) has traditionally been used to treat fluid retention and hepatic disorders among other ailments. Recently, researchers have isolated a specific sterol, taraxsterol, and several key sesquiterpenes (i.e., taraxinacetyl-1'-O-glucosides, taraxacolide-1'-O-glucosides) which they believe is responsible for this herb's powerful diuretic actions. Our dandelion root extract contains these active ingredients plus taraxol, taraxerol, taraxacin and taraxinic acid, eudesmanolides, and germacranolides. Dandelion is also a rich source of flavonoids, beta-carotene (more than carrots), beta-sitosterol, inulin and potassium. Scientists also believe that dandelion can work synergistically with other herbal diuretic preparations, enhancing and augmenting overall efficacy.

Bearberry (*Arctostaphylos uva ursi* L.), or *uva ursi*. *Uva ursi*'s diuretic ability is found in the chemicals arbutin, ursolic acid, and isoquercetin.

Parsley's volatile oil component, notably myristicin and apiol, is known to be responsible for the diuretic action of this herb.

Corn silk is a gentle diuretic and couchgrass has been used for centuries to flush out the kidneys.

Rosehips, *elecampane* and *celery seed* are all water management herbs that work together for unparalleled diuretic efficacy.

Absolute
NUTRITION

