



Wake Forest University Baptist
MEDICAL CENTER[®]

Urology

Products Designed to Ease Symptoms of Interstitial cystitis

Cysta-Q: Farr Labs, LLC has developed two special formulas that are specifically designed for IC patients and nonbacterial prostatitis patients: Cysta-Q and Prosta-Q. Cysta-Q is a dietary supplement that targets the urinary frequency, urgency, and pain of IC. Cysta-Q consists of a patent-pending extracted blend of the following ingredients; quercetin, bromelain, papain, cranberry powder (non-acidic), black cohosh (non-acidic), skullcap, wood betony, passionflower, and valerian. Farr Labs also distributes Prosta-Q, an over-the-counter quercetin dietary supplement that promotes and maintains prostate health. Published research of clinical trials has shown that both Cysta-Q and Prosta-Q significantly reduce symptoms of IC and chronic pelvic pain syndrome in men. **To find out more visit www.cystaq.com or call 1-877-284-3976.**

Prelief: AkPharma, Inc. makes Prelief, a dietary supplement containing calcium glycerophosphate that has shown in research studies on IC patients to help reduce bladder pain and urinary urgency when used with acidic foods and beverages. **For more information please visit www.prelief.com or call 1-800-994-4711.**

Algonot-Plus: Algonot, LLC is the maker of a line of nutraceuticals specifically designed to help with the symptoms of IC, chronic prostatitis, and arthritis. Algonot's latest products, CystoProtek and ProstaProtek, combine the original Algonot-Plus formula with sodium hyaluronate. CystoProtek contains chondroitin sulfate, glucosamine, quercetin, sodium hyaluronate, and olive kernel extract. ProstaProtek contains the anti-inflammatory power of chondroitin and quercetin and the added benefit of glucosamine sulfate, chondroitin sulfate, and sodium hyaluronate to help replenish the damaged mucosa bladder lining. **For more information please visit www.algonot.com or call 1-800-ALGONOT (1-800-254-6668).**

Natural Touch Kaffree Roma: Roma is a multigrain beverage with chicory that has a full-bodied taste similar to coffee but without caffeine or tannic acids. It can be used as a coffee or hot cocoa substitute. Roma is distributed by Worthington Foods, a division of Kellogg's and can be found in many major supermarkets. **To find out more please visit www.wfds.com.**

Desert Harvest Aloe Vera: Aloe Vera is a powerful anti-inflammatory and pain reliever. A small clinical trial of Desert Harvest whole-leaf aloe Vera capsules showed significant reduction in the symptoms of IC. Desert Harvest Aloe Vera's active ingredient is a polysaccharide, which researchers believe may form an artificial GAG layer in the bladder. Desert Harvest makes this very concentrated form of aloe Vera just for IC patients. Desert Harvest removes the two chemicals in the aloe plant that cause diarrhea, all of the water, and the fiber, leaving all of the other ingredients of the plant intact. Desert Harvest dries their aloe without heat - which can damage the active ingredients - and adds no fillers or preservatives. **For more information and a free sample please visit www.desertharvest.com or call 1-800-222-3901.**

Boma Sense: Boma Sense natural skin and hair care products have been developed for everyone who cares about their body, inside and out. Boma Sense provides safe, natural products for people suffering from chronic diseases, including IC, and those seeking purity in their beauty regimen. Daily use of Boma Sense natural skin and hair care products helps to nourish your skin and hair with the most beneficial botanicals and no harsh carcinogenic substances. The Boma Sense product line includes an array of shampoos, conditioners, moisturizers, shaving cream, sunscreen, deodorant, lip balm, healing salve, and personal lubricant. **To learn more about Boma Sense products please visit www.bomasense.com or call 1-310-231-3300.**

Teecino: Teecino Caffeine-free Herbal Coffee is a blend of herbs, grains, fruits, and nuts that are roasted and ground to brew and taste just like coffee. Coffee lovers are attracted to Teecino's full-bodied, dark roasted flavor and its nutritious health benefits. Available in seven delicious flavors including Vanilla Nut, Java, Mocha, and Hazelnut. With 65 mg of natural potassium in each cup, Teecino is alkaline and helps reduce acidity. **For more information please visit www.teecino.com or call 1-800-498-3434.**

Minute Maid Acid-Reduced Frozen Orange Juice Concentrate: This product can be found in the frozen food section of most supermarkets, alongside Minute Maid's other juice products. Although it is reduced in acid, some IC patients may find that they need to dilute the concentrate with more water and/or add some Prelief to lessen the possibility of flaring IC symptoms. **To find out more please visit www.minutemaid.com.**