



Health Matters

by
Patsy Meridith, C.N.C.
Owner of
Natural Foods Market

Overactive bladder issues affect more than 25 million American men and women. An estimated one in five adults over age 40 experience some symptoms. Extremely frustrating, disruptive and embarrassing, overactive bladder/urinary urgency is far more common than you'd think.

Often, with age, and in many cases, those suffering from diabetes, prostatitis or heart disease can also develop an overactive bladder. This condition becomes even more problematic when multiple nighttime bathroom trips disrupt sleep, which adversely affects immune resistance, ability to concentrate and energy levels.

SagaPro contains Angelica, a clinically-studied botanical extract from Iceland that has shown impressive results with significantly increased bladder strength, capacity and elasticity, as well as less sleep interruptions. As these studies demonstrate, **SagaPro** may prove to be hopeful news for those coping with an overactive bladder/urinary urgency.

As always, we guarantee your satisfaction.

Locally owned for 34 years

 **NATURAL
FOODS MARKET**

610-1000

**Johnson City Crossing
near Old Navy**

www.NFMonline.com