



WORLD
UK

Nutricode Drena Plus *- Information Guide*



NUTRICODE
FOOD SUPPLEMENT

DRENA PLUS

It supports removing excess water from the body. It helps to detoxicate the body by removing the metabolism waste products.



SLIM BODY SYSTEM

HYDROBALANCE FORMULA

NUTRICODE



NUTRICODE DRENA PLUS

- Information Guide for Business Partners

Nutricode Drena Plus is a liquid dietary supplement made from natural plant and herbal extracts that supports the body's water balance and detoxification processes. It is specially formulated for individuals who experience water retention and bloating and those who seek to enhance kidney and liver function for better detoxification. The combination of its carefully selected plant extracts helps cleanse the body of metabolic waste while ensuring proper hydration and the functioning of the urinary system.

Ingredients and Their Description

- **White Bean Pericarp (*Phaseolus vulgaris*)**— This extract promotes the elimination of excess water from the body, aiding those who suffer from water retention. It also supports the proper functioning of the urinary system by improving urine output, helping to maintain healthy fluid balance.
- **Birch Leaf (*Betulae albae folium*)** — Birch leaf extract assists in cleansing the body of metabolic waste products. As a mild diuretic, it encourages frequent urination, promoting detoxification. It is important to stay hydrated while using this supplement to prevent dehydration caused by the increased urine output.
- **Field Horsetail Herb (*Equisetum arvense*)** — Horsetail extract regulates and supports the body's water management system. Its „water pill“ effect increases urine production, helping to alleviate fluid retention and support urinary tract health. Additionally, horsetail has antioxidant and anti-inflammatory properties, which further promote overall well-being.
- **Orthosiphon Aristatus Leaf (*Orthosiphonis aristatus folium*)** — Commonly used in traditional folk medicine, Orthosiphon leaf extract has strong anti-inflammatory and diuretic properties. It helps eliminate excess water from the body and supports urinary health, making it effective for individuals prone to fluid retention.
- **Dandelion Root (*Taraxaci officinalis radix*)** — Dandelion root is a well-known liver tonic that supports liver and gallbladder function, which plays a key role in detoxification and digestion. Its polysaccharides have been shown to improve liver function by increasing bile

flow. Dandelion root helps cleanse the body of waste products, making it an effective detoxifying agent.

Benefits

- **Eliminates excess water:** Reduces water retention and bloating, giving a leaner appearance and promoting a healthy fluid balance.
- **Detoxification:** Supports liver, kidney, and gallbladder function, aiding in the removal of metabolic waste and improving digestive health.
- **Urinary health:** Enhances the functioning of the urinary system, improving the excretion of toxins and waste products.
- **Liver health:** Dandelion root extract supports liver detoxification, which is essential for overall health and well-being.
- **Anti-inflammatory properties:** Ingredients like horsetail and orthosiphon provide antioxidant and anti-inflammatory benefits, supporting general health.

Mechanism of Action of Nutricode Drena Plus

- **Promotes Diuresis:** Nutricode Drena Plus stimulates the kidneys to increase urine production, helping to eliminate excess water from the body. This reduces fluid retention, swelling, and bloating, promoting a leaner and more balanced appearance.
- **Supports Detoxification:** The supplement enhances liver function by increasing bile flow, which aids in the breakdown and removal of metabolic waste products.

NUTRICODE DRENA PLUS

- Information Guide for Business Partners

This detoxifying effect helps cleanse the body, improving digestive processes and overall health.

- **Maintains Fluid Balance:** The natural diuretic action helps regulate water levels in the body without causing dehydration. It ensures that excess water is excreted, while still maintaining proper hydration and electrolyte balance.
- **Protects Urinary Health:** By promoting healthy urine output, Nutricode Drena Plus supports the urinary system's function, reducing the risk of fluid buildup and urinary tract issues. Its anti-inflammatory properties also help prevent irritation in the urinary tract.
- **Offers Antioxidant and Anti-inflammatory Benefits:** The supplement contains ingredients with antioxidant and anti-inflammatory properties that protect the body from oxidative stress and support overall tissue health, contributing to well-being beyond fluid regulation.

Best for

- Individuals suffering from water retention and bloating.
- Those looking for natural detoxification support for the kidneys and liver.
- People interested in promoting urinary tract health and improving urine output.
- Those looking for plant-based supplements to enhance their overall health and well-being.
- Individuals seeking a mild, natural diuretic to complement a balanced diet and active lifestyle.

Contraindications

- Not suitable for children and adolescents under 18 years.
- Should not be used by pregnant or nursing women.
- Individuals with kidney failure, diabetes, or heart failure (due to the risk of hyperkalemia), or those with biliary obstruction should avoid using this product.
- Individuals allergic to any of the ingredients should

refrain from use.

- Consult a healthcare provider if you have pre-existing medical conditions or are taking medications before using this supplement.

Active ingredients

Active Ingredient	Amount per Daily Dose (15 ml)
White Bean Pericarp (Phaseolus vulgaris)	500 mg
Orthosiphon Aristatus Leaf	400 mg
Dandelion Root (Taraxaci officinalis radix)	250 mg
Field Horsetail Herb (Equisetum arvense)	220 mg
Silver Birch Leaf (Betulae albae folium)	130 mg

Full list of ingredients

Water, Concentrated fruit juices (black chokeberry, apple, lemon), Plant extracts of white bean pericarp, Orthosiphon aristatus leaf, dandelion root, field horsetail herb, silver birch leaf, Preservative – potassium sorbate, Acidity regulator – citric acid, Sweetening agent – steviol glycosides.

Directions

- Measure 15 ml of the product with the provided measuring cup.
- Dissolve in 1.5 liters of water and drink in portions throughout the day, but no later than late afternoon.
- Do not exceed the recommended daily dose (15 ml).
- Shake well before use. Natural deposits from the fruit and plant extracts may occur but do not affect the quality of the product.

NUTRICODE DRENA PLUS

- Information Guide for Business Partners

Additional information

- Store in a cool, dry place, out of the reach of children.
- Refrigerate after opening. The product can be used for up to 35 days after opening.
- Nutricode Drena Plus should not be used as a substitute for a balanced diet but as part of a healthy lifestyle.
- Ensure the product is tightly sealed after use to maintain its quality.

What Makes Nutricode Drena Plus Stand Out?

What makes Nutricode Drena Plus unique is its **all-natural blend of plant and herbal extracts** specifically chosen to target excess water retention, detoxification, and support for liver and kidney function. Unlike many supplements that rely on synthetic ingredients, Nutricode Drena Plus provides a **holistic, plant-based approach** to wellness, offering both diuretic and anti-inflammatory benefits.

The key features that set Nutricode Drena Plus apart include:

- 1. Comprehensive Plant-Based Formula:** It combines several potent natural extracts like white bean pericarp, dandelion root, horsetail, and Orthosiphon aristatus leaf, each known for their traditional and scientifically supported health benefits, making it a powerful yet gentle solution for fluid balance and detoxification.
- 2. Supports Multiple Systems:** While primarily aimed at managing water retention, the supplement also helps to detoxify the body by supporting liver and kidney health, making it a multi-functional health supplement that goes beyond typical diuretics.
- 3. Mild Diuretic Action:** The product gently promotes urination without causing extreme dehydration, ensuring users can detox and eliminate excess water safely while maintaining proper hydration.

4. Anti-inflammatory and Antioxidant Benefits: Ingredients like horsetail and dandelion root offer not only diuretic properties but also anti-inflammatory and antioxidant effects, adding additional layers of support for overall wellness and protection against oxidative stress.

5. Scientifically Supported: Traditional usage of these plant extracts is backed by modern research, ensuring that each component is chosen for its efficacy in promoting kidney function, enhancing liver detox, and maintaining water balance.

This combination of targeted natural ingredients and multiple health benefits makes Nutricode Drena Plus stand out as a well-rounded and unique supplement.

Did you know?

Fluid retention occurs when there's **an imbalance in the body's fluids**, leading to excess water accumulating in tissues. This can happen due to a **sedentary lifestyle** or **prolonged sitting**, which causes fluids to pool in the lower extremities, particularly in the legs, ankles, and feet. **Dietary factors**, such as consuming too much **salt (sodium)**, can also contribute to fluid retention, as sodium causes the body to retain more water, leading to swelling. However, if the fluid retention is caused by an **underlying health condition**, it's important to seek **medical advice** before starting any supplement, including Nutricode Drena Plus.

Prospecting questions for potential customers

- 1. Do you experience frequent water retention or bloating?**
This helps to identify those who would benefit from the product's water-eliminating and detoxifying effects.
- 2. Are you looking for a natural way to support detoxification of your liver and kidneys?**
For individuals interested in a gentle yet effective detox programme.

NUTRICODE DRENA PLUS

- Information Guide for Business Partners

3. Do you have a history of urinary tract problems or fluid retention?

Nutricode Drena Plus' ingredients are designed to support urinary health and water balance.

4. Do you prefer using herbal and plant-based supplements for health support?

People seeking plant-based, natural products for their health routines will find this product beneficial.

5. Have you noticed a change in your body's fluid balance, such as swelling in your legs or hands?

For customers who may not realise their symptoms are due to water retention and could benefit from a diuretic product.

Frequently Asked Questions

Why should I avoid taking Nutricode Drena Plus in the evening?

You should avoid taking Nutricode Drena Plus in the evening because it contains diuretic ingredients that promote increased urine production. Taking it late in the day may lead to more frequent trips to the bathroom during the night, which can disrupt your sleep. For best results and to maintain a healthy sleep cycle, it's recommended to take the supplement earlier in the day so that its diuretic effects occur during waking hours.

Can I dilute Nutricode Drena Plus in less water and drink it all at once in the morning?

It is not recommended to dilute Nutricode Drena Plus in less water or drink the entire daily dose at once. The supplement is designed to be diluted in 1.5 liters of water and consumed throughout the day to ensure gradual diuretic effects and proper hydration. Drinking it all at once may lead to a more concentrated diuretic effect, potentially causing dehydration or discomfort. For optimal results, follow the recommended directions to spread the intake over the day.

Can I take Nutricode Drena Plus with other Nutricode supplements?

Yes, you can take Nutricode Drena Plus alongside other Nutricode supplements, but it's important to ensure

compatibility between different products to avoid any potential interactions or overlapping ingredients. FM World UK provides a Supplement Compatibility Search tool, where you can check which supplements can be safely taken together based on your needs.

To use the tool, simply visit this link: <https://www.uk.fm-world.com/supplement-compatibility-271/>.

This will guide you through selecting compatible products for your personalised supplement plan.

How Long Can I Take Nutricode Drena Plus?

There is no strict limitation on the duration of use for Nutricode Drena Plus, as the product contains natural ingredients. However, it's recommended to follow a cycle of 2-3 months of use, after which a break of 2-4 weeks should be taken to allow your kidneys to rest and to avoid any long-term stress on the body's detoxification systems.

Do I need to drink more water while taking Nutricode Drena Plus?

Yes, you should drink more water while using Nutricode Drena Plus due to its diuretic properties, which increase urine production and lead to fluid loss. To prevent dehydration, it's essential to maintain proper hydration levels. The NHS recommends drinking 6-8 glasses (1.2-1.5 litres) of fluid daily. However, depending on your body weight, aim for 30-35 ml of water per kg. For example, if you weigh 70 kg, you should consume about 2.1-2.5 litres of water daily, adjusting for physical activity. Staying hydrated ensures optimal effectiveness of the supplement and helps maintain electrolyte balance.