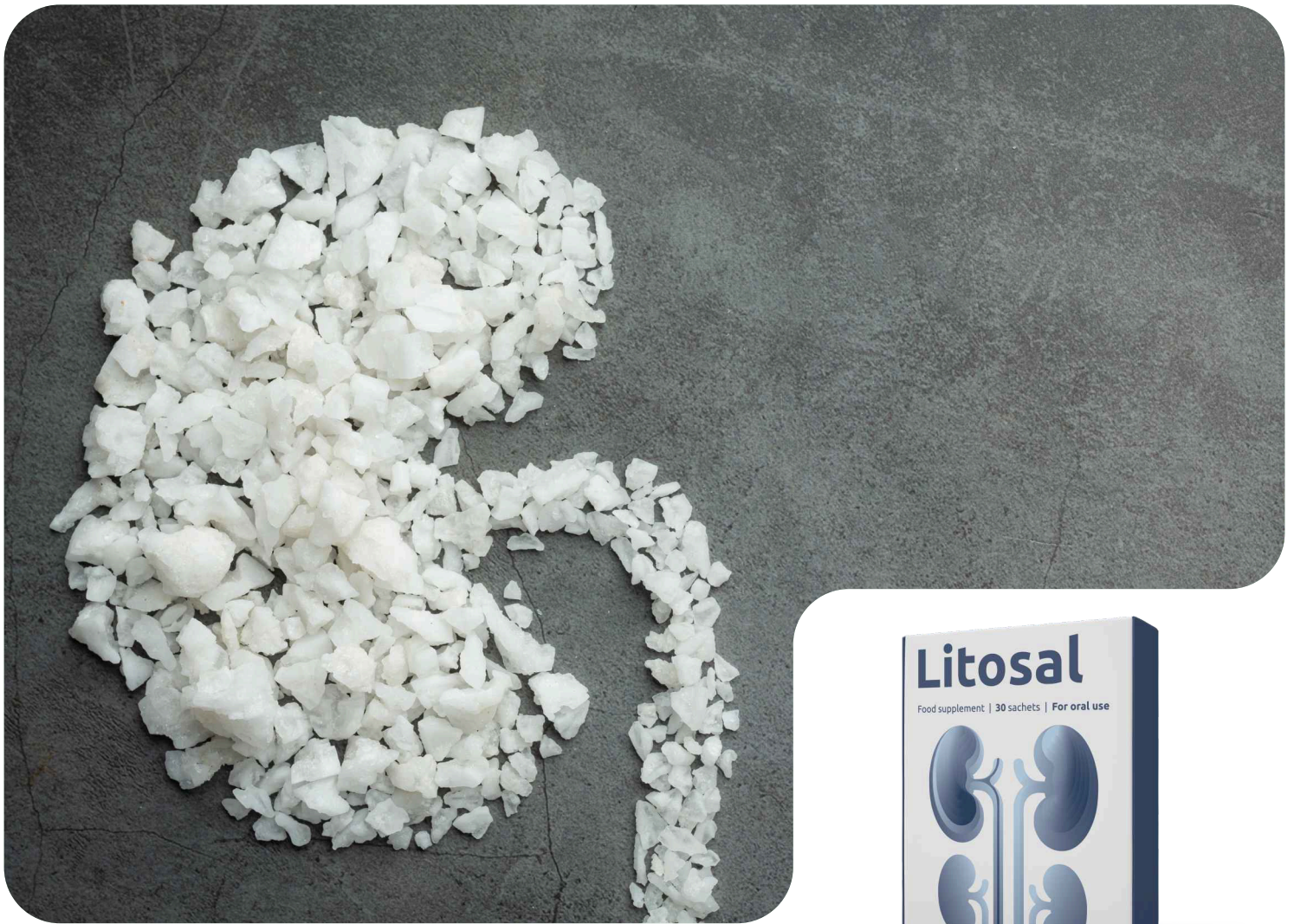




Litosal

Supporting **Urinary Health** Through
Multiple **Physiological Pathways**

An **evidence-informed** combination of **citrates**, **phytate** and **standardized botanical extracts** developed to **support** favourable **urinary chemistry**, **normal** urinary **flow** and the **physiological processes** involved in calcium oxalate **crystal formation**.



Why Another Kidney Stone Supplement?

Calcium oxalate **stone formation** is a complex, multi-step process involving urinary supersaturation, crystal nucleation, growth, aggregation and crystal retention. **Most conventional supplements** focus on **only one** aspect of this process.

Litosal has been **scientifically developed** to provide **nutritional support** across multiple physiological pathways through **carefully selected ingredients with complementary mechanisms of action**. Rather than relying on a single active ingredient, the **formulation combines citrate support**, crystal modulation, urinary tract protection and antioxidant botanical extracts **in one comprehensive formula**.

Litosal 30 sachets	Amount per sachet
Potassium citrate, providing: Potassium Citrate	1,250 mg 450 mg 725 mg
Magnesium citrate, providing: Magnesium Citrate	680 mg 100 mg 522 mg
Total citrates:	1,250 mg
Dry rice bran extract (<i>Oryza sativa</i>), Standardized to $\geq 85\%$ calcium-magnesium phytate providing Phytate	300 mg ≥ 255 mg
Dry extract of stonebreaker herb (<i>Phyllanthus niruri</i>)	300 mg
Dry Java tea leaf extract (<i>Orthosiphon aristatus</i>)	250 mg

Recommended Dosage

1 sachet twice daily after meals.

Dissolve the contents of **one sachet** in **200 mL** of water before use.

Why Litosal?

Instead of relying on a single ingredient, the **formulation combines complementary** mechanisms involved in **urinary stone physiology**.

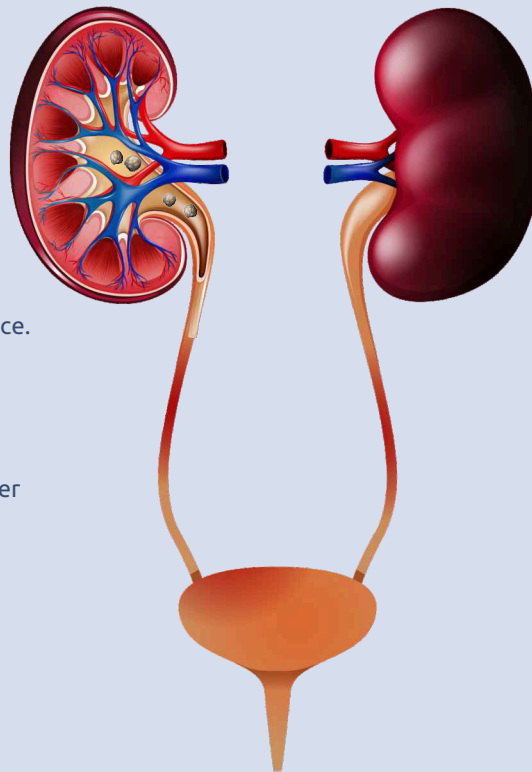
- ✓ **Supports** urinary citrate levels
- ✓ **Helps** maintain favourable **urinary chemistry**
- ✓ **Targets** multiple **stages of crystal formation**
- ✓ **Supports** physiological **urinary flow**
- ✓ **Provides** antioxidant botanical **support**
- ✓ **Designed** using **evidence-informed** ingredient **selection**

Multi-target support of calcium oxalate stone formation

Targeting the key physiological pathways involved in urinary stone development

Stone formation cascade

- Urinary Supersaturation**
High levels of calcium, oxalate and other substances exceed urinary solubility.
- Nucleation**
Microscopic crystals form when the urine becomes supersaturated.
- Crystal Growth**
Crystals grow by adding new molecules to their surface.
- Aggregation**
Small crystals cluster together to form larger aggregates.
- Crystal Retention**
Crystals adhere to the urothelial lining and may remain in the urinary tract.
- Stone Formation**
Retained crystals grow and eventually form a kidney stone.



How Litosal supports each stage

Potassium citrate

- Increases urinary citrate levels
- Binds calcium
- Inhibits nucleation and crystal growth
- Alkalinizes urine

Rice bran extract (Ca-Mg phytate)

- Phytate naturally inhibits nucleation
- Inhibits crystal growth and aggregation

Magnesium citrate

- Provides magnesium
- Binds oxalate in the gut and in urine
- Reduces availability of oxalate for calcium oxalate formation

Phyllanthus Nirurii – Urothelial Support

- Inhibits nucleation and crystal growth
- Reduces crystal aggregation
- Decreases crystal adhesion to urothelium
- Supports natural expulsion of small stones
- Provides antioxidant and anti-inflammatory support
- Helps prevent crystal adhesion to urothelium
- Supports the integrity of the urinary tract lining

Orthosiphon Aristatus

- Supports healthy kidney function
- Increases urine flow
- Promotes urinary dilution
- Provides antioxidant and anti-inflammatory support



Multi-target action
Targets multiple stages of calcium oxalate stone formation.



Evidence-based formulation
Developed based on scientific literature and urinary stone pathophysiology.



Complementary ingredients
Each ingredient contributes through a distinct physiological mechanism.



Daily Urinary Support
Designed for long-term nutritional support of urinary tract health.

Disclaimer: This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease.

Potassium Citrate

Supports urinary **citrate levels**, helping maintain a **favourable urinary environment** by **reducing** conditions associated with calcium oxalate crystallisation.

Magnesium Citrate

Provides magnesium while reducing oxalate availability, complementing citrate in maintaining normal urinary chemistry.

Rice Bran Extract (Calcium–Magnesium Phytate)

A natural **source of phytate** that contributes to the **inhibition of calcium oxalate** crystal nucleation, growth and aggregation.

Phyllanthus niruri

One of the **best-investigated** botanical ingredients for urinary stone support, traditionally used to help reduce crystal formation, aggregation and retention while supporting the natural elimination of small stones.

Orthosiphon aristatus

Supports normal kidney function and physiological urinary flow while providing **antioxidant phytochemicals** traditionally associated with urinary tract health.

