Overactive bladder is a widespread condition, affecting about one in six adults over the age of 40. Overactive bladder is defined as having an urgent need to empty the bladder, more frequent urination during the day and night, and incontinence. Urinary incontinence or the accidental leakage of urine affects 25 million Americans and occurs twice as often in women than men. Although incontinence occurs more often in older individuals, it is not considered a normal part of the aging process.

What is Overactive Bladder?
Symptoms of overactive bladder include an urgent feeling to urinate, increased frequency of urinating during the day and night and incontinence. Urinary incontinence is the accidental leakage of urine. This often occurs when individuals cough, laugh, sneeze, or have sudden urges to go to the bathroom and can't get there in time. Typically, urinary incontinence does not cause major health problems but it can be embarrassing and effect self-esteem and quality of life. There are different kinds of incontinence.
- Stress incontinence is urine loss during physical activities that increase abdominal pressure, such as sneezing, coughing, laughing, etc.
- Urge incontinence is an urgent need to urinate that is so strong individuals often cannot make it to the toilet in time. Also called overactive bladder, urge incontinence occurs when your bladder contracts when it shouldn't. This can happen even when there is only a small amount of urine in the bladder.
- Overflow incontinence is leakage that occurs when the bladder fails to empty properly, due to a blockage or weak bladder muscle contractions. Obstruction is usually related to either enlargement of the prostate or narrowing of the urethra from scar tissue.
- Stress and urge incontinence often occur together in women. This combination is sometimes referred to a “mixed incontinence.”

In men, urinary incontinence is often related to a problem involving the prostate gland, such as enlargement of the prostate (benign prostate hyperplasia, or BPH). Hormonal imbalances are a well-known cause of BPH in aging men. Hormone imbalances are also associated with a weakening of the pelvic floor in postmenopausal women. Stress incontinence in women can also result from childbirth, weight gain, or other conditions that stretch the pelvic floor muscles.

Overactive bladder and incontinence are often embarrassing for those affected by the condition. Having to go to the bathroom frequently or leaking urine can interfere greatly with daily activities and researchers have found that about one-third of individuals with the condition report feeling depressed or stressed. In addition, frequent trips to the bathroom at night can decrease sleep quality for both the individual and their partner or caretakers. Drugs that treat overactive bladder and incontinence are available; however, less than half of the people affected would consider seeing a doctor about their problem. Therefore, natural supplements that can improve symptoms of overactive bladder and incontinence have the potential to significantly improve quality of life for individuals.

Go-Less is a new clinically proven formulation of natural ingredients for an overactive bladder. Go-Less is a proprietary blend of ELFA 940 special pumpkin seed extract and SoyLife 40 percent soy germ isoflavones. The seeds of the medicinal pumpkin (Cucurbita pepo L) have been used for centuries as a natural remedy for urination problems.

Soy isoflavones are a class of phytoestrogens, or plant estrogens, which are suggested to help balance hormone levels in the body. SoyLife is a soy germ isoflavones extract containing a standardized amount of isoflavones, as well as other phytoneutrients in soy that are associated with improved health. The combination of ELFA 940 special pumpkin seed extract and soy germ isoflavones has been shown to be effective in the treatment of urinary disorders associated with hormonal imbalances as demonstrated by pre-clinical in vivo research.

Effects on Urination At Night
In a study of 39 women aged 52 to 86 years, it was found that a supplement containing ELFA 940 and soy germ isoflavones decreased the frequency of urination during the day as well as at night (nocturia). Subjects also reported improved sleep satisfaction. The study consisted of a one-week pre-trial
observation period followed by six weeks of supplement intake. Subjects recorded the frequency of urination during the day and night and the degree of sleep satisfaction. Researchers found the frequency of urination was significantly improved at week one, followed by continued improvement (Figure 1) over the course of the study. The degree of sleep satisfaction was also improved at week one with additional improvement at week two. Urinary incontinence was decreased significantly by week two and further at week four (Figure 2).

**Effects on Stress Incontinence**

A supplement containing ELFA 940 and soy germ isoflavones was found to reduce urinary incontinence in women suffering from overactive bladder and stress incontinence. Researchers studied 50 women aged 35 to 84 with overactive bladder and stress incontinence at two different clinics in Japan. The study involved a one-week observation period (pre-trial), followed by six weeks of supplement administration. During the test period, patients recorded the frequency of urination during the day and at night. They also recorded the number of incontinence episodes and rated their satisfaction with the treatment. At the end of the study it was shown the episodes of incontinence improved significantly (Figure 3). In particular, patients with the largest number of incontinence episodes showed the greatest improvements.

**Effects on Pollakuria**

Pollakuria is defined as the condition in which one is awakened to urinate at night. In a study of 45 males over the age of 65 suffering from pollakuria, it was shown that a supplement containing ELFA 940 and soy germ isoflavones reduced pollakuria and improved sleep satisfaction. The study consisted of a one-week pre trial observation period, followed by six weeks of supplement intake. Subjects recorded the number of times they urinated during the day, night, any adverse symptoms as well as their sleep satisfaction. The frequency of urination at night started to decrease within the first week of taking the supplement and had decreased by approximately 40 percent after six weeks. Researchers concluded the frequency of urination at night was significantly reduced compared to before taking the supplement (Figure 3). The supplement was also found to increase sleep satisfaction. More than 86 percent of subjects also reported their symptoms improved or significantly improved.

**In Summary**

In summary, clinical studies in men and women have found a reduction in the frequency of urination at night as well as during the day when taking a blend of ELFA 940 and soy germ isoflavones. Incontinence episodes in women were also shown to decrease and subjective improvements in symptoms of overactive bladder were reported. Greater than 60 percent of the subjects reported improvements within two weeks of taking the supplement and more than 80 percent had improved after six weeks. The studies show high compliance and suggest safety and tolerance of preparations with ELFA 940 pumpkin seed extract and soy germ isoflavones.

**Dosage Recommendations**

A daily dose of 600 mg of Go-Less, providing 525 mg of ELFA 940 and 75 mg SoyLife 40 percent is recommended to provide the amount of pumpkin seed extract and soy germ isoflavones used in the human studies. Point of consideration; the studies used a higher dose for the first two weeks, followed by a reduced dose for the last four weeks. To mirror the studies, you may consider 1000 mg of Go-Less for the first two weeks, followed by 600 mg of Go-Less in future weeks.

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