

ICN Resource Catalog

September 2008



You Are Not Alone!

Interstitial Cystitis – Pelvic Pain – Prostatitis - IBS – Vulvodynia - PFD

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ICN Resource Catalog - September 2008

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Website: www.ic-network.com www.icnsales.com

Living with a bladder, prostate and/or a pelvic disorder can be challenging. Luckily, a wide variety of resources are now available that can help you, today, gather knowledge and gain control over your symptoms. Your purchase underwrites the IC support services that we offer to patients throughout the world. We thank you for your support! *Please note that prices are subject to change at any time.*

ICN Subscriptions

Are you looking for the best information on IC/PBS? The IC Optimist Quarterly Magazine provides comprehensive information on the latest IC research, news stories, self-help strategies, the IC diet, clinical trial announcements and much more!! Best of all, your subscription helps to underwrite the more than 300,000 support sessions we provide, at no cost, to patients in need on our website. We couldn't do it with our subscribers! If you've found our IC Optimist magazine and/or our website helpful, please consider supporting our work by becoming an ICN subscriber.

ICN Angel Subscriptions \$60 per year

Includes the IC Optimist quarterly magazine and ICN Annual Special Report by email or print (your choice), as well as 15% off most purchases in our shop except for items that are already discounted such as 3 packs.

ICN Gold Subscriptions - \$40 per year

Includes the IC Optimist quarterly magazine and ICN Annual Special Report by email.

ICN Silver Subscribers - \$20 per year

Includes the IC Optimist quarterly magazine by email.

Books On IC/PBS, Diet, Pain Care & Related Conditions

Coming Soon!

Confident Choices: A Cookbook for IC & OAB

Author Julie Beyer RD has now created a cookbook filled with more than 200 IC friendly recipes. Pricing is estimated to be between \$18 through \$24.00 Call us to place your order!

Interstitial Cystitis Survival Guide by Rob Moldwin MD.

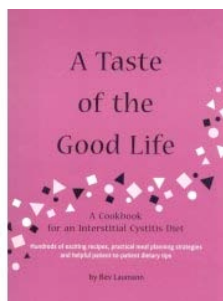
The #1 book on IC, it covers diagnosis, treatments, pain care and much more. This is THE book that you should bring to every doctors appointment to credibility test proposed treatments. It's also excellent to share with family and friends.

ICN Angel Subscriber Price: 11.89

Public Price: \$13.99

Shipping Weight: .75 lbs

A Taste of the Good Life: A Cookbook for an IC Diet by Beverley Laumann



If you're struggling with diet, "A Taste of the Good Life" explains why foods can bother our bladder, what to avoid, and how to find IC friendly foods! Includes extensive reference lists and wonderful recipes. One of our faves is the Carob Cake.

ICN Angel Subscriber Price: \$24.23

Public Price: \$28.50

Shipping Weight: 1.6 lbs

Confident Choices: Customizing the IC Diet by Julie Beyer RD

Written by a registered dietitian for IC patients, this book is ideal for patients who are struggling to eat a healthy, balanced diet. It includes many ideas for breakfast, lunch, snacks and dinners.

ICN Angel Subscriber Price: \$17

Public Price: \$20

Shipping Weight: .55 lbs

A Headache in the Pelvis (5th ed.) by Anderson and Wise
Based upon the Stanford Univ. Pelvic Pain Program, this book discusses, in depth, a chronic pain management program for patients with IC, prostatitis and pelvic floor dysfunction.

ICN Angel Subscribers: \$28

Public Price: \$32.95

Shipping Weight: 1.5 lbs

Please Understand: The IC Guide For Partners

The impact of interstitial cystitis on couples and families has not received much attention until now! Written by two dedicated, loving couples (the Sandlers & The Gliddens), this unique book offers a sensitive and empowering discussion of the issues which can affect and/or intrude upon our lives.

ICN Angel Subscribers: \$10.19

Public Price: \$11.99

Shipping Weight: .23 lbs

ICN Special Report Series

Our annually produced special reports receive rave reviews for providing an easy, in-depth review, of topics which IC patients struggle with.

- (1) ICN Special Report on the IC Diet
- (2) ICN Special Report on Managing IC Flares
- (3) ICN Special Report on Bladder Pain

ICN Angel Subscribers: \$8.50

Public Price: \$10.00

Shipping Weight: .25 lbs

Overcoming Pain by A. Platt, Jr., P.A.-C., S. Platt, M.D., and C. Hedrich, R.P.T.

Overcoming Pain is a new, wonderful resource for patients struggling with chronic pain. The book discusses pain treatments, particularly medications and their appropriate use and dosages as well as pain procedures, the use of opiates and alternative therapies. Showing their true compassion and knowledge of patients struggling with pain, the book also offers practical suggestions on how to work with physicians as well as handling a daily life while struggling with pain.

ICN Angel Subscriber Price: \$14.40

Public Price: \$16.95

Shipping Weight: .88 lbs

First Year: IBS by Heather Van Vorous

The First Year: IBS offers a comprehensive and sympathetic approach to managing irritable bowel syndrome (whether you're newly diagnosed or have been struggling for years), by an author who has dealt with the disorder since childhood and prevailed. We recommend this book highly for patients struggling with both IC and IBS.

ICN Angel Subscriber Price: \$13.56

Public Price: \$15.95

Shipping Weight: .5 lbs



The Feel-Good Guide to Fibromyalgia and Chronic Fatigue Syndrome

BRAND-NEW!!! People wrestling with fibromyalgia and chronic fatigue syndrome don't want a bunch of political baloney about how misunderstood and hard to control their condition is—they want to feel good again. This book helps them build a personalized treatment plan that really works, using any and all treatment resources.

ICN Angel Subscriber Price: \$12.71

Public Price: \$14.95

Shipping Weight: .64 lbs

Overcoming Overactive Bladder

This is the only book for the 17 million people in the US suffer from overactive bladder and includes the latest physical techniques and cognitive-behavioral strategies for coping with overactive bladder.

ICN Angel Subscriber Price: \$14.44

Public Price: \$16.99

Shipping Weight: .52 lbs

Coping with Anxiety

It is very normal to experience anxiety when faced with a new, confusing and/or painful condition. But, it's not normal to let it dominate our lives. This new book offers ten simple ways to relieve anxiety, fear and worry. Don't let anxiety dominate your life. Do something about it today!

ICN Angel Subscriber Price: \$14.44

Public Price: \$16.99

Shipping Weight: .47 lbs

Overcoming Medical Phobias

Written by anxiety experts, Martin Antony, Ph.D. and Mark A. Watling, MD, this easy-to-read and practical guide will teach readers who experience extreme fear in situations involving blood, injections, surgery, physicians, and dental procedures, how to understand and overcome their medical phobia.

ICN Angel Subscriber Price: \$12.71

Public Price: \$14.95

Shipping Weight: .46 lbs

Alternative (OTC) Food Supplements

Almost every IC patient learns, very quickly, that cranberry products can dramatically irritate and worsen their bladder. Thus, the "old wives tales" about what can help the bladder are certainly not reliable, particularly for a condition with the complexity of IC. We've chosen to carry the alternatives that have research based evidence that show effectiveness in reducing bladder symptoms.

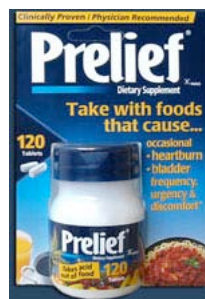
Prelief (120 tablets)

This is the most popular acid-reducing supplement used by both IC and IBS patients to help them eat a more balanced diet. *Ingredients: calcium glycerophosphate, magnesium stearate*

ICN Angel Subscriber Price: \$11.04

Public Price: \$12.99

Shipping Weight: .15lbs



Azo Standard

May relieve symptoms such as pain, burning, urgency and frequency of urination associated with irritation of the lower urinary tract. Contains the #1 ingredient prescribed by doctors and recommended by pharmacists for urinary discomfort.

Beware, you will pee orange! *Ingredients: Phenazopyridine Hydrochloride*

ICN Angel Subscriber Price: \$8.49

Public Price: \$9.99

Shipping Weight: .06 lbs

CystaQ - 60 capsules

Produced by Farr Labs, CystaQ is one of the "old favorites" of urology patients who find that quercetin helps to reduce inflammation in their bladder. In Fall 2002, yet another study was presented by Kym Kanaly MD et al. which demonstrated that CystaQ oral therapy was 'well tolerated and provided significant symptomatic improvement of bladder symptoms in patients with IC and vulvodynia.' *Ingredients: Quercetin, Bromelain, Papain, Black Cohosh, Wood Betony, Passionflower, Valerian & Cranberry Powder & Gelatin.*

ICN Angel Subscriber Price: \$33.99

Public Price: \$39.99

Shipping Weight: .17 lbs

Algonot Plus - 120 soft gels

The first supplement developed by IC researcher Dr. Theoharis Theoharides. Algonot Plus is a natural product, free from artificial colors or flavors, corn, milk products, preservatives, salt, starch, sugar, wheat, yeast or beef byproducts. *Ingredients: Chondroitin sulfate (300mg from shark cartilage), Glucosamine Sulfate (300mg from shellfish chitin), Quercetin (300mgs from the saphora plant) and olive kernel seed oil, gelatin (pork), beeswax, soy lecithin, glycerin, purified water, titanium dioxide and carob extract.* If you are allergic to eggs, fish or olive oil you should consult your doctor before taking this product.

ICN Angel Subscriber Price: \$33.15

Public Price: \$39.00

Shipping Weight: .6 lbs

CystoProtek - 120 soft gels

CystoProtek combines the anti-inflammatory properties of quercetin, glucosamine sulfate and rutin in a unique natural formula with the compounds chondroitin sulfate and sodium hyaluronate that help replenish the glycosaminoglycan layer in the bladder. A retrospective open label study of Cystoprotek in IC (released in 10/06) found that the product is beneficial and well tolerated in PBS/IC.

The 269 patients participating in the study who had failed all other forms of therapy, experienced a 51.2%

inhibition of their IC symptoms. *Ingredients: Chondroitin sulfate (300mg from shark cartilage), Glucosamine Sulfate (280mg from shellfish chitin), Quercetin (260mgs from the saphora plant), Rutin (40mgs from the saphora plant), sodium hyaluronate (20mg from chicken) and olive kernal extract, gelatin (pork), beeswax, soy lecithin, glycerin, purified water, titanium dioxide and carob extract.* If you are allergic to eggs, fish or olive oil you should consult your doctor before taking this product.

ICN Angel Subscriber Price: \$33.15

Public Price: \$39.00

Shipping Weight: .6 lbs



DH Quercetin with Aloe

ICN Angel Subscriber Price: \$16.57

Public Price: \$19.49

Shipping Weight: .15 lbs

DH Glucosamine and Chondroitin with Aloe

ICN Angel Subscriber Price: \$22.52

Public Price: \$26.49

Shipping Weight: .32 lbs

DH Calcium & Vitamin D with Aloe

ICN Angel Subscriber Price: \$11.47

Public Price: \$13.49

Shipping Weight: .30 lbs

DH Buffered Vitamin C with Aloe

ICN Angel Subscriber Price: \$12.32

Public Price: \$14.49

Shipping Weight: .30 lbs

Manno Max D-Mannose Powder

If you're struggling with recurrent e-coli based bladder infections (as confirmed by urine cultures), D-Mannose is an interesting option to explore. Research has demonstrated that d-mannose (found in cranberries and blueberries) inhibits the ability of e-coli to cling to the bladder wall.

ICN Angel Subscriber Price: \$22.94

Public Price: \$26.99

Shipping Weight: .30 lbs

Desert Harvest Aloe

Desert Harvest conducted a formal clinical trial to study the effectiveness of Desert Harvest Aloe in reducing bladder irritation and IC symptoms. In a double blind, placebo controlled clinical trial in IC patients, 87% of participants received relief from at least one symptom of their IC. 50% received relief from all or most of their symptoms. *Ingredients: Whole Leaf Aloe Vera*

ICN Angel Subscriber Price:

\$32.29

Public Price: \$37.99

Shipping Weight: .20 lbs



Manno Max D-Mannose Tablets

If you're struggling with recurrent e-coli based bladder infections (as confirmed by urine cultures), D-Mannose is an interesting option to explore. Research has demonstrated that d-mannose (found in cranberries and blueberries) inhibits the ability of e-coli to cling to the bladder wall. Contains 60 tablets. *Ingredients: D-Mannose, magnesium stearate*

ICN Angel Subscriber Price: \$29.74

Public Price: \$34.99

Shipping Weight: .20 lbs

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Home Urine Testing Kits

Azo Home UTI Test Kit (3 Test Kits)

When an IC flare feels exactly like the worlds worst UTI, it's only normal to guess that it's an infection rather than a simple flare. Some IC patients have taken antibiotics needlessly because their urine cultures were actually negative for infection. Having a UTI Test Kit on hand can be a useful tool in helping you to determine when to request a urine culture. This new urine test kit checks for Nitrite AND Leukocytes (white blood cells) in the urine, the same UTI test pads that most doctors use. Easy to use and read in just 2 minutes!



ICN Angel Subscriber Price: \$11.04

Public Price: \$12.99

Shipping Weight: .20 lbs

Alkalive pH Strips (80 Test Strips)

Manufactured by pH Ion, this new test kit will allow you to test the acid or alkaline level of your urine. We know, for example, that urine that is highly acidic or alkaline will irritate the bladder. This test works by measuring the concentration of hydrogen ions in urine. A score lower than 7 indicates that the urine is more acid. Higher than 7 indicates that urine is more alkaline. In a pH-balanced body, urine is slightly acid in the morning with a pH range of 6.5 to 7. By evening, it generally becomes more alkaline, pH 7.5-8 as your body digests food and releases electrolytes.

ICN Angel Subscriber Price: \$33.15

Public Price: \$39.00

Shipping Weight: .20 lbs

IC Friendly Beverages

Diet modification remains the foundation of IC self help! The foods and beverages we consume can have a significant effect on the severity of our symptoms although these symptoms will vary from person to person. We offer foods and beverages that are more easily tolerated by tender bladders. From low acid coffees to low acid fruit products, each item was selected for with thought, care and, of course, taste testing.

Euromild Low Acid Coffee Ground Roast

(Specify Decaf or Regular)

Euromild was brought to the ICN years ago by a patient who had tried it and found it mild enough for her bladder. We've since sold this to thousands of IC patients who have found it to be far more bladder friendly than others! Makes about 40 cups. Comes in a resealable fresh lock bag

ICN Angel Subscriber Price:
\$5.94

Public Price: \$6.99

Shipping Weight: .4 lbs



Puroast Low Acid Coffees

The Puroast® Process is an all-natural process that does not create the acids that affect the stomach. Available in ground and whole bean, decaf and regular, Puroast offers a wide variety of low acid coffees. Whole bean orders should be placed on our website or phoned in!

Regular Roast (House Blend, Dark French Roast, Hazelnut, Vanilla)

ICN Angel Subscriber Price: \$8.49

Public Price: \$9.99

Shipping Weight: .85

Decaf Roast (House Blend or Dark French Roast), Hazelnut, Vanilla)

ICN Angel Subscriber Price: \$9.34

Public Price: \$10.99

Shipping Weight: .85

Peppermint Tea by Yogi Teas

A very popular tea, peppermint is known to calm spasms in the gut, soothe indigestion, stimulate appetite, ease travel and calm morning sickness. caffeine-free **INGREDIENTS:** *organic peppermint leaf*

ICN Angel Subscriber Price: \$4.24

Public Price: \$4.99

Shipping Weight: .15

Tummy Mint

This blend contains just the right combination of sweet peppermint, delicately floral chamomile, and fennel to calm your stomach quickly but gently. **Ingredients:** *Peppermint leaves, Chamomile flowers, Fennel seed, licorice root, and natural mint extract (contains soy lecithin).*

ICN Angel Subscriber Price: \$2.54

Public Price: \$2.99

Shipping Weight: .09

Celestial Seasonings After Dinner Teas

These roasted carob teas are light and flavorful. **Comes in three flavors: Almond Sunset, English Toffee and Vanilla Hazelnut!** 100% Natural! **INGREDIENTS:** *listed on our website*

ICN Angel Subscriber Price: \$4.24

Public Price: \$4.99

Shipping Weight: .18

Knudsen Organic Pear Juice Boxes (3 pack)

This appears to be one of the lowest acid juices that we've found. Just remember that we're all different. We can't tell you if it will irritate yours but, of the fruit juices, pear juice is the first one to try! **INGREDIENTS:** *filtered water, organic pear juice concentrate, calcium lactate, organic natural flavor, ascorbic acid (vitamin C).*

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: 1.75 lbs.

Blueberry Juice Concentrate

This IC friendly fruit juice concentrate is a great way to enjoy fruit again without the aggravation of an IC flare. This 8 oz bottle will make 48 ounces of fruit juice (1 & 1/2 quarts)... even more if you dilute it! No preservatives or flavorings nor added sugar. **Ingredients:** *Blueberry Juice Concentrate*

ICN Angel Subscriber Price: \$10.62

Public Price: \$12.49

Shipping Weight: .95 lbs

IC Friendly Foods

Hero Blueberry Preserves

A blueberry preserve made by the Swiss company Hero - all natural ingredients, no preservatives, no artificial flavors or colors - and great blueberry flavor. 12 oz.

INGREDIENTS: *blueberries, sugar, glucose syrup, fruit pectin, citric acid.*

ICN Angel Subscriber Price:

\$4.67

Public Price: \$5.49

Shipping Weight: 1.2 lbs



Pear-Pear or Pear-Blueberry Bars box (16 bars)

This 100% natural all-fruit snack bar friendly snack bar tastes great, is fat free, contains no cholesterol, is low in sodium and is a good source of dietary fiber. Contains no artificial ingredients, flavorings or preservatives. This bar is the equivalent of eating two fresh pears! **INGREDIENTS:** *listed on our website*

ICN Angel Subscriber Price: \$17.84

Public Price: \$20.99

Shipping Weight: 1.5 lbs

Dr. Oetker's Organic Muffin Mixes

Our favorite muffins are light, flavorful and sinful without irritating our bladders. They are also low in sugar and don't have that chemical aftertaste found in typical brand name mixes. Perfect for a Sunday brunch, an afternoon tea or just sitting with a book and a cup of peppermint tea. We think you'll love them. Comes in four flavors: Carrot, Oatmeal, Corn and Apple Cinnamon. **INGREDIENTS:** listed on our website! Makes 12 muffins

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: 1.00 lb

Dr. Oetker's Organic Vanilla Cake Mix

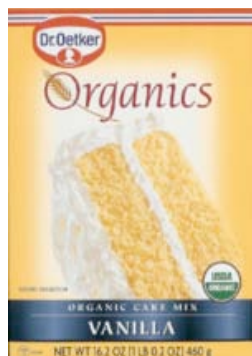
This wonderful cake mix tastes like a homemade vanilla wedding cake. It's absolutely yummy and what we use for all of our family celebrations. Best of all, it doesn't have any of that cloying chemical aftertaste found in most cake mixes. This cake is definitely yummy!

INGREDIENTS: organic wheat flour, organic cane sugar, baking soda, cream of tartar, salt, locust bean gum, organic vanilla flavor, natural flavor.

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: 1.00 lb



Dr. Oetker's Organic Vanilla Icing Mix

A perfect match to the cake mix, this icing mix tastes like homemade butter cream frosting. It's very easy to make, is easily spreadable and covers a normal sized cake. **Ingredients:** Organic icing sugar, salt, organic vanilla flavor (contains gum arabic).

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: 1.00 lb

Bob's Red Mill Homemade Gingerbread Mix

Using stone ground organic whole wheat pastry flour, a special blend of premium spices and natural cane sweetener, this easy to prepare cake is moist, rich, delicious and full of the nutritious whole grains you need in your diet. It has a mild yet flavorful taste! **INGREDIENTS:** organic whole-wheat pastry flour, brown sugar, organic evaporated cane juice, organic unbleached white flour, organic wheat gluten, dried molasses, organic ginger, cinnamon, baking soda, sea salt, baking powder, allspice.

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: 1.00 lb

Alice's Stick Cookies (4 oz)

When we sampled this cookie, we fell in love. It has a light, satisfying toffee flavor that is wonderful! It definitely deserved its award as Best Cookie of 2004 and 2006.!

INGREDIENTS: flour, malted barley flour, niacin, thiamine, vitamins B1 and B2, folic acid, butter, sugar, imported cane sugar syrup, baking soda and vanilla extract. **NO EGGS, NUTS OR PEANUT OIL.**

ICN Angel Subscriber Price:

\$5.06

Public Price: \$5.95

Shipping Weight: .25 lbs



Dr. Oetker's Oatmeal Cookie Mix

This cookie mix flies off the ICN shelves for a good reason. It delivers pure, unaltered flavor in every bite of purely delicious oatmeal cookies. Add our carob chips for a fun alternative.

INGREDIENTS: organic wheat flour, organic cane sugar, organic rolled oats, salt, baking soda.

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: .9 lbs

Almond Caramel Chews from Nunes Farms

While chocolate is a no-no, caramel is completely IC friendly and these organic chews are just what you need to satisfy that craving for something sweet. **INGREDIENTS:** Cream, Sugar, Corn syrup, roasted almonds, milk, vanilla, salt, lecithin.

ICN Angel Subscriber Price: \$4.24

Public Price: \$4.99

Shipping Weight: .60 lbs

New! Soft Black or Red Licorice from Lucky Country

All Natural soft, smooth black or red licorice from gourmet licorice producer, Lucky Country. **Two flavors: Black or Red**

INGREDIENTS: molasses, wheat flour, cane sugar syrup, sugar, coconut oil, glycerin, licorice extract, soy lecithin, natural flavor, natural colors, salt.

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: .4 lb



Honey Essence English Toffee

From the rich, buttery centers made with fresh-from-the-hive honey, grade A almonds and farm-fresh butter to the delectable hand-dipped carob and almond coating - this is truly English Toffee Extraordinaire! **Ingredients:** Center - honey, almonds, butter, natural flavors, salt, and baking soda. Carob coating: carob powder, nonfat dry milk, whey, palm kernel oil and soy lecithin.

ICN Angel Subscriber Price: \$12.74

Public Price: \$14.99

Shipping Weight: .65 lb

Honey Essence Honeymoons

A celebration of our two favorite sensations, crunchy and chewy. Decadent honey, caramel and mixed nuts (almonds, cashews and pecans) - hand-dipped in carob. **Ingredients:** honey, butter, cream, pecans, carob powder, cashews, almonds, palm kernel oil, dry milk, whey, lecithin, vanilla, algin, agar, and natural flavors.

ICN Angel Subscriber Price: \$12.74

Public Price: \$14.99

Shipping Weight: .75 lb



Queen Bee Honey Pralines

Queen Bee praline candies, each lavishly enriched with a combination of choice nuts, flavorings, delectable honey and other first-class ingredients. The chewy, caramel-like texture are a sure hit for all, and the individual kiss wrapping is a great bonus for children. Approximately 30 individually wrapped pralines. **Ingredients:** Listed on our website! Comes in three flavors: Creamy Fudge, Pecan Pearl, The Mint

ICN Angel Subscriber Price: \$7.64

Public Price: \$8.99

Shipping Weight: .63 lb



Goldie's Carob Bar

If you once loved Chocolate Rice Krunch Bars, this carob is amazingly addictive. It contains no refined sugar, no preservatives, no chocolate, cocoa or caffeine and tastes great. It's so rich and tasty that you couldn't eat at all in one sitting but a little every day, is a great reward for working as hard as you do with your IC. It's big, too, at 6.5 inches long by 3 inches wide. Jill's favorite candy in the store! **INGREDIENTS:** *barley malt, fractionated palm kernel oil, carob powder, rice crisp (rice, barley malt), soy lecithin.*

ICN Angel Subscriber Price: \$3.82

Public Price: \$4.49

Shipping Weight: .22 lb

Carob Chips (Vegan)

If you're missing your fave chocolate chip cookie, never fear! Carob chips are IC friendly, taste wonderful and make great cookies or cakes! These vegan chips contain no dairy ingredients, no refined sugars, and no harmful trans fats. *Ingredients: Whole grain malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin.*

ICN Angel Subscriber Price: \$4.24

Public Price: \$4.99

Shipping Weight: .65 lb

Carob Powder

Do you miss making chocolate cake or cookies?? Have you ever tried baking with carob?? It's wonderful, especially the carob cake recipe found in *A Taste of the Good Life: A Cookbook for an IC Diet!* Use as an equal replacement for cocoa in your favorite recipes, or use three tablespoons carob powder plus one tablespoon water in place of each square of chocolate.

ICN Angel Subscriber Price: \$4.67

Public Price: \$5.49

Shipping Weight: 1.20 lbs.

CD's and DVD's

Guided Imagery for Relaxation for IC and Pelvic Pain

Created by a Nurse Practitioner at William Beaumont Hospital (Michigan), this CD was developed specifically for patients with IC, pelvic pain and pelvic floor dysfunction. In a research study, more than 45% of the group using this CD twice a day were moderately or markedly improved. In addition, pain scores and urgency significantly decreased. We hope that you benefit from the use of this CD and recommend listening to track 2 'Letting Go' once or twice a day or especially during IC flares.

ICN Angel Subscriber Price: \$12.75

Public Price: \$15.00

Shipping Weight: .20 lbs.



New Dawn Pilates For People with Pelvic Pain

New in February 2008!! Created for patients struggling with pelvic pain disorders, this DVD is ideal for individuals who are seeking new, gentle exercises that will not flare their symptoms. Because many patients can't perform long, intense workouts, this DVD has shorter segments, which allows patients to personalize their workout according to their capabilities. In addition to a 47 minute complete workout, it also offers targeted workouts for warming up, arms, abs & back and legs.

ICN Angel Subscriber Price: \$12.75

Public Price: \$15.00

Shipping Weight: .20 lbs.

Bladder & Prostate Friendly Chair Cushions

One of the great frustrations of having interstitial cystitis, overactive bladder, prostatitis, vulvodynia, prostatodynia, pudendal neuralgia and/or pelvic floor disorders is that sitting can be excruciatingly uncomfortable. These cushions can definitely help.

Bladder & Prostate Friendly Chair Cushion

This unique design, created originally for patients with broken tailbones, happens to work almost perfectly for patients with IC, urethral and/or general crotch tenderness. We offer FOUR cushions of varying firmness. The cushions are 16 inches wide by 14 inches deep. Inside, you'll find firm, supportive side sections with a flexible, soft, grooved foam that reduces pressure on the crotch, urethra, prostate, etc. The cushions are covered with a durable dark blue poly-cotton cover.

Cushion Sizes:

B-SOFT: This cushion is made from 2 inches of soft foam and is best for those from 75-125 lbs.

C-MEDIUM: This cushion is made from 3 inches of soft foam and is best for those from 125-175 lbs.

D-FIRM: This cushion is made from 2 inches of firm foam and is best for those from 175-225 lbs.

E-EXTRA FIRM: This cushion is made from 3 inches of firm foam is best for those from 225-275 lbs.

ICN Angel Subscriber Price: \$19.54

Public Price: \$22.99

Shipping Weight: 1.75 lbs

Heating Pads

BodiHeat Heating Pads – Three Pack

This are, by far, the most popular heating pads that we will. Imagine a heating pad that lasts for 12 hours, is light and can adhere to the outside of your undergarment. We've found it! Made with the same technologies used for the tiny heating pads used in gloves and shoes during the winter months, this pad is much larger and has an adhesive backing. One time use only, it lasts for 12 hours!

ICN Angel Subscriber Price: \$3.39

Public Price: \$3.99

Shipping Weight: .26 lbs



BodiHeat Heating Pad – Ten Pack

This deeply discounted pack contains a total of thirty one-time use heating pads! (Not eligible for angel discount)

Price: \$37.50

Shipping Weight: 2.6 lbs

EndoFEMM Microwaveable Heating Pad

The EndoFEMM™ Pad is designed specifically for women & girls who suffer from chronic pelvic pain from Adhesions, Endometriosis, Irritable Bowel Syndrome (IBS), Interstitial Cystitis (IC), Menstrual Cramps, and Vulvodynia. With seven compartmentalized sections and "kick stand" bottom, the pad design provides even heating or cooling and a shape that doesn't shift while gently hugging the pelvic area. Covered with supple polyester fleece that is super soft against the skin. Comes in a lavender color Pad Dimensions: 16.0"W X 10.5"H

ICN Angel Subscriber Price: \$19.54

Public Price: \$29.99

Shipping Weight: 1.75 lbs

EndoFEMM Washable Cover

The EndoFEMM™ Pad WASHABLE COVER is designed as a protective barrier for the heating/cooling pad when placed in the microwave or freezer and keeps the pad clean.

ICN Angel Subscriber Price: \$5.94

Public Price: \$6.99

Shipping Weight: .20 lbs

Warm Whiskers Sleep Pete Lamb

This lazy lamb has a microwaveable insert filled with buckwheat and lavender. Just the right size to soothe an aching back or defrost cold aching feet. Sleepy Pete can also be used to warm a child's bed. Made from fleecy plush with a velvety face and feet. 24" long

ICN Angel Subscriber Price: \$31.44

Public Price: \$36.99

Shipping Weight: 3.57 lbs

Warm Whiskers Cat Wrap

This adorable black and white cat heating pad will cradle your body with gentle warmth and fragrant herbs. Works wonders on stiff necks, back spasms, poor circulation and arthritic pain. Heat in the microwave for 90 seconds and soothing moist heat will work on sore muscles for about an hour.

ICN Angel Subscriber Price: \$31.44

Public Price: \$36.99

Shipping Weight: 2.63 lbs

Warm Whiskers Cat Hot Water Bottle

This cute cat plush cover turns the traditional water bottle into something magical. It's great for cold nights, sore muscles, aching heads and icy toes. Cozy plush chenille cover helps retain the heat. Bottle included. 15" tall.

ICN Angel Subscriber Price: \$24.64

Public Price: \$28.99

Shipping Weight: 1.25 lbs

Restroom Supplies

Perineal Wash Bottle

Are you struggling with urine burn?? This clear, empty wash bottle is one of the most effective ways to reduce that irritating sensation. Just fill with water and rinse yourself off after you use the restroom!

ICN Angel Subscriber Price: \$2.54

Public Price: \$2.99

Shipping Weight: .06 lbs

Travel John

Patients who struggle with driving in a car, or who are concerned about finding a restroom quickly, will find the Travel John a great option. They are small, will easy fit in a purse and fits comfortably over the urethra so that you can void easily. Urine quickly solidifies thus creating no leakage. Don't let IC isolate you at home. Comes in plastic packs of three!

ICN Angel Subscriber Price: \$6.38

Public Price: \$7.50

Shipping Weight: .50 lbs

Natracare Intimate Wipes

This soft, cotton wipe contains natural plant extracts of Calendula and Chamomile. Alcohol and paraben free, biodegradable with no synthetic preservatives. 12 wipes in a portable, self-closing packet

ICN Angel Subscriber Price: \$3.82

Public Price:

\$4.49

Shipping Weight:

.19 lbs

Seventh Generation Baby Wipes

This product came highly

recommended by

several IC patients who found them soothing 'down there,' particularly after using the restroom. Chlorine free and

unscented, these wipes are moistened with aloe vera and water.

Contains 40 unscented cloth wipes, perfect to fit in a purse or glove compartment.

ICN Angel Subscriber Price: \$4.24

Public Price: \$4.99

Shipping Weight: .55 lbs



Men's Products

ProstaProtek

ProstaProtek, the third formula created by Dr. Theoharis Theoharides combines the anti-inflammatory properties of quercetin, glucosamine sulfate and rutin in a unique natural formula with the compounds chondroitin sulfate and sodium hyalonurate that help replenish the glycosaminoglycan layer in the bladder. ProstaProtek is a natural product, free from artificial colors or flavors, corn, milk products, preservatives, salt, starch, sugar, wheat, yeast or beef byproducts. *Ingredients: Chondroitin sulfate-300mg (shark cartilage), glucosamine sulfate-280mg (shellfish chitin), Quercetin-260mg (saphora plant), Rutin-60mg. (saphora plant), Sodium Hyalonurate-20mg. (chicken combs), Olive Kernel Seed Oil, pork gelatin, beeswax, soy lecithin, glycerin, purified water, titanium dioxide and carob extract.* Contains 120 soft gel capsules. ALLERGY INFORMATION: contains fish (shark), shellfish (shrimp, crab, lobster) and soy.

ICN Angel Subscriber Price: \$33.15

Public Price: \$39.00

Shipping Weight: .50 lbs

ProstaQ

Prosta-Q has been clinically shown to have antioxidant, anti-inflammatory, and anti-microbial properties. It is the only product that has been clinically tested and proven for the symptoms of chronic non-bacterial prostatitis, lower pelvic pain syndrome, and overactive bladder. These results have also been published in major US medical journals such as Urology and Techniques in Urology. The results of the IMU's research work in Chronic Prostatitis patients using Prosta-Q were dramatic and compelling in significantly and rapidly improving patients' symptoms. Other beneficial effects of bioflavonoid intake include reduced risk of heart disease and anti-cancer effects. Bioflavonoids have been shown to improve the symptoms in men with non-bacterial Chronic Prostatitis/chronic pelvic pain syndrome. *INGREDIENTS: A Proprietary Blend of: Quercetin, Cranberry, Saw Palmetto, Bromelain, Papain and Zinc, gelatin, maltodextrin and magnesium stearate.*

ICN Angel Subscriber Price: \$33.99

Public Price: \$39.99

Shipping Weight: .16 lbs

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

IBS Products

Irritable bowel syndrome is one of the most common related conditions to interstitial cystitis. Most IC patients struggle with IBS symptoms including diarrhea, constipation and/or a combination of the both. Amazingly, IBS has a surprising similarity to IC. IC involves nerve hypersensitivity in the bladder. IBS involves nerve hypersensitivity in the bowel. Diet can play a huge role in both conditions. Heather Van Vorous is an IBS patient who wrote the best selling book on IBS: 'First Year: IBS'. Her product line, 'Heathers Tummy Tamers,' is simple, affordable and helpful!

Heather's Tummy Tamers: Acacia Fiber

Did you know that psyllium husk can actually create more gas and bladder spasms? Why? Because it's composed of 1/3 insoluble fiber, which is well known to trigger IBS symptoms. Acacia fiber, on the other hand, is 100% soluble, soothing and ideal for patients struggling with IBS. Clinical studies have shown that soluble fiber:

- * Helps soothe and regulate bowel motility
- * Relieves IBS abdominal pain and cramping by stabilizing intestinal contractions
- * Alleviates BOTH diarrhea and constipation
- * Increases good gut flora - it's considered a prebiotic, and significantly bifidogenic
- * Has excellent gastrointestinal tolerance
- * Slows down colonic fermentation (decreasing gas and bloating)



- * Is completely safe and healthy for daily, lifelong use
- * Is a traditional remedy for pregnancy/post-partum nausea & bowel dysfunction
- * Is safe for use in children
- * Has no gluten, sugar, salt, artificial sweeteners, citric acid, oxalates, or yeast

Ingredients: acacia (a 100% natural organic soluble fiber) Net Weight: 1 pound

ICN Angel Subscriber Price: \$16.96

Public Price: \$19.99

Shipping Weight: 1.24 lbs

Heather's Tummy Tamers: Peppermint Oil Capsules

Peppermint oil capsules have been clinically proven to help IBS symptoms. A recent survey of clinical trials declared peppermint oil capsules the 'drug of first choice' for IBS patients with constipation or diarrhea, to alleviate general symptoms, and to improve quality of life. Peppermint, as part of the diet, helps relieve abdominal pain, diarrhea, and urgency from IBS. Menthol and methyl salicylate, the main active ingredients of peppermint, have calming effects on the stomach and intestinal tract. Individual tolerance levels for peppermint vary greatly among people who are prone to heartburn and GERD. If you have severe reflux you may not be able to use peppermint in any form, even when enteric coated. 90 capsules per bottle.

Ingredients: peppermint oil extract, ginger oil, fennel oil, gelatin, glycerine, enteric coating, water, carob.

ICN Angel Subscriber Price: \$11.00

Public Price: \$12.95

Shipping Weight: .16 lbs

Dry Mouth Products

Dry mouth can be a very uncomfortable side effect of common IC treatments. But dry mouth can also have an unexpected consequence, a potential increase in dental cavities. Yikes! Thus, it's important to take some extra steps to protect and comfort your mouth. The Biotene line of products can help.

Biotene Dry Mouth Gum

Biotene Dry Mouth Gum effectively helps to reduce harmful bacteria and plaque while relieving oral dryness. Contains natural salivary enzyme protection and protects between brushings in sugar-free, mint flavored gum pieces. Contains no saccharin.

Ingredients: hydrogenated starch, sorbitol, gum base, xylitol, artificial flavor, titanium dioxide, lecithin, resinous glaze, potassium thiocyanate, lactoperoxidase glucose oxidase. Net Contents: 16 pieces

ICN Angel Subscriber Price: \$2.29

Public Price: \$2.69

Shipping Weight: .10 lbs



Biotene Dry Mouth Liquid Moisturizer

Biotene Dry Mouth Moisturizer is a refreshing liquid solution that quickly diminishes dry discomfort, mouth odors, and other symptoms of dry mouth. Sodium lauryl sulfate free with a fresh and appealing flavor. Contains five moisturizers and 18 amino acids and proteins plus calcium and omega-3.

Ingredients: hydrogenated starch hydrosylate, purified water, propylene glycol, milk protein extract, sunflower oil, flaxseed oil, xanthan gum, sodium benzoate, xylitol, rosemary extract, potassium sorbate, zinc gluconate, disodium phosphate, citric acid, flavor, potassium thiocyanate, lysozyme, lactoferrin, lactoperoxidase.

ICN Angel Subscriber Price: \$7.64

Public Price: \$8.99

Shipping Weight: .20 lbs

Biotene Sensitive Toothpaste with Dry Mouth Protection

Biotene Sensitive Toothpaste helps protect against tooth sensitivity while fighting cavities with gentle dry mouth protection. Sodium lauryl sulfate free with a fresh and appealing flavor. Active Ingredients: Potassium nitrate (5.0%), Sodium Monofluorophosphate (0.14% w/v fluoride ion). Inactive Ingredients: Acesulfame K, Calcium Lactate, Calcium Pyrophosphate, cellulose gum, flavor, beta-d-glucose, glycerin, hydrated silica, isoceteth-20, potassium thiocyanate, purified water, sodium benzoate, sorbitol, xylitol

ICN Angel Subscriber Price: \$7.64

Public Price: \$8.99

Shipping Weight: .33 lbs

SuperLysine Cold Stick

Use everyday to protect your lips from the sun, a common cold sore trigger. Contains all the same healing, relief giving and preventive nutrients as the ointment.. This moisturizing petroleum-free convenient Coldstick also heals cracked or chapped lips. It can be worn under lipstick. Apply as often as needed.

ICN Angel Subscriber Price: \$5.09

Public Price: \$5.99

Shipping Weight: .05 lbs

Personal Products

IC patients often have very sensitive skin. We've found some products that may help. We are thrilled to offer the 'Very Private' line of personal products which are recommended by Dr. Jennifer Berman, a female urologist and pioneer in the diagnosis and treatment of women's sexual health..

Very Private Body Wash

Very Private pH balanced Body Wash is a skin-friendly, low sudsing cleansing and conditioning formula for the overall body and the intimate area. It leaves skin feeling fresh, clean, appreciably softer and helps prevent irritations and infections in the intimate area. Hypoallergenic, fragrance free, dermatologist tested and approved. Ingredients listed on our website. 6 fl oz.

ICN Angel Subscriber Price: \$12.71

Public Price: \$14.95

Shipping Weight: .50 lbs

Very Private Intimate Moisture

Very Private Intimate Moisture feels and functions like a woman's own moisture to relieve vaginal dryness instantly and enhance the pleasure of intimacy. Ingredients listed on our website

ICN Angel Subscriber Price: \$12.71

Public Price: \$14.95

Shipping Weight: .25 lbs

Desert Harvest Aloe Vera Personal Gel

Desert Harvest Aloe Vera Personal Gel is a completely natural, chemical-free personal lubricant that can be used for intercourse or internal physical therapy.

Ingredients: listed on our website.

ICN Angel Subscriber Price:

\$10.19

Public Price: \$11.99

Shipping Weight: .35 lbs



ShiKai Borage Dry Skin Therapy Lotion

A lotion containing borage oil penetrates deep, delivering GLA and its benefits directly to the cells. As a result, skin retains more moisture and is healthier. Ingredients: listed on our website.

ICN Angel Subscriber Price: \$14.44

Public Price: \$16.99

Shipping Weight: .75 lbs

