

# Cran·Mannose

A therapeutic blend of cranberry extract and D-mannose for the prevention and treatment of uncomplicated urinary tract infections.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 400mg D-Mannose and 143mg of 35:1 dried cranberry extract (equivalent to 5 grams of fresh cranberry) per vegetable capsule
- Active ingredients inhibit the adhesion of e. coli to the bladder wall and are proven to reduce the risk of UTI recurrence without the need for antibiotics
- Dosing can be easily adjusted for UTI prevention and recurrence or for treatment of active UTI symptoms

Urinary tract infections (UTIs) are a common concern in women. Symptoms typically include pain and urgency on urination. They are often chronic in nature with 1 out of 5 women having recurrent UTIs. Additionally, there is a high potential for antibiotic resistance due to frequent and ongoing antibiotic use. This means that UTIs can significantly and negatively impact the quality of life for many women and effective alternative solutions are in high demand.

D-Mannose has emerged as one of the most promising effective treatments for UTIs. D-Mannose is a simple sugar, found naturally in many fruits, that has been shown to inhibit E. coli adhesion to the bladder wall. E. coli is the primary bacteria

responsible for causing more than 80% of UTIs. By preventing the bacteria from latching onto the bladder wall, D-Mannose acts as a natural anti-infective agent. In fact, clinical trials have confirmed that D-Mannose reduces the risk of recurrent UTIs as effectively as nitrofurantoin, but with fewer side effects.

Cranberry juice has traditionally been used for both the prevention and treatment of uncomplicated UTIs. Cranberry juice contains tannins known as proanthocyanins. It was traditionally thought to acidify the urine and thereby reduce bacterial growth in the bladder. However, cranberry juice more accurately prevents the adhesion of bacteria to the bladder wall just like D-Mannose. Clinical trials for both cranberry juice and standardized extracts have found a decreased need for antibiotics, less recurrence and incidence of UTIs and less bacteria in the urine.

Cran·Mannose UTI by Cyto·Matrix combines D-Mannose and a high-potency standardized cranberry extract, acting as an effective tool in the prevention and the treatment of uncomplicated UTIs. This natural combination is successful without the typical side effects associated with antibiotic use, including antibiotic resistance or diarrhea. The

dosage of Cran·Mannose UTI can be easily adjusted for UTI prevention and recurrence or for treatment of active UTI symptoms.

#### Each capsule contains

D-Mannose ..... 400mg

Cranberry ..... 143mg

(fruit, *Vaccinium macrocarpon*) 35:1 extract equivalent to 5000mg of dry fruit

#### Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

#### Recommended Use Claim

Cranberry is traditionally used in herbal medicine to help prevent urinary tract infections (UTIs). Source of antioxidants.

#### Directions of Use

Adults (18 years and older) - Take 2 capsules, 2 times per day. Ensure to drink optimal fluid before, during, and after exercise. Use for at least 4 weeks to see beneficial effects.

#### Cautions and Warnings

Ask a healthcare professional before use if • you are pregnant • you are breastfeeding • you have a history of kidney stones • you are taking blood thinners. Ask a healthcare professional if • symptoms persist or worsen. Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.