

# URINARY TRACT SUPPORT™



## CLINICAL APPLICATIONS

- Maintain a Healthy Environment for the Urinary Tract's Mucosal Surface

*Urinary Tract Support™ features a high quality D-mannose powder, a simple sugar that occurs naturally in cranberries and pineapples. The body metabolizes only miniscule amounts of D-mannose; the remainder is flushed from the body through the urinary tract to support maintenance of a healthy mucosal surface.*

All 3rd Opinion Inc® Formulas Meet or Exceed cGMP quality Standards

## DISCUSSION

The normal force of urine flow from the kidneys, through the urethras into and through the bladder does not always flush out the bacteria along with it. Fingerlike projections called fimbriae or pili, protrude from the surfaces of the Escherichia coli, the organism responsible for about 90% of urinary tract infections. At the tip of the projections are amino acid + sugar complexes called “lectins”. The E coli lectins bind to complementary carbohydrates on the host tissues’ surface enabling the bacteria to adhere to the inside walls of the bladder and urinary tract.<sup>1</sup> This not only prevents the urine from rinsing them out, but also lets the bacteria overcome nutrient deprivation setting the stage for colonization and infection.

D-mannose is a simple sugar produced in the body and occurring naturally in certain fruits, especially cranberries and pineapples. The adult dose of Urinary Tract Support™ is more concentrated in D-mannose than these fruits or juices. Studies suggest that D-mannose is ten times more effective than cranberries in dislodging E coli from the bladder wall.<sup>2</sup>

Nearly all ingested mannose gets excreted through the kidneys and into the urine.<sup>3</sup> In one study 35 +/-7% of a mannose dose showed up in the urine.<sup>4</sup> The bacterial lectins recognize the D-mannose and stick to it “better” than to the walls of the urinary tract. The significant size dose of mannose in the urine “coats” the E coli present and blocks their ability to stick to the lining of the urinary tract. The bacteria are then literally rinsed away with normal urine flow.<sup>5</sup> D-mannose users report that they can feel the effect in 24-48 hours.<sup>6</sup>

Urinary Tract Support™ is not capable of killing either “friendly” or harmful bacteria. It simply relocates E coli from the inside to the outside of the urinary tract. By being absorbed in the upper GI tract, it doesn't relocate E coli in the colon either.<sup>6</sup>

DISTRIBUTED BY:  
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URINARY TRACT SUPPORT™



## Supplement Facts

Serving Size: 1/2 Level Teaspoon (0.9 g)  
Servings Per Container: 50

	Amount Per Serving	%Daily Value
d-Mannose	0.9 g	**

\*\* Daily Value not established.

**Other Ingredients:** None.

## DOSING:

Many practitioners advise using 1/2 teaspoon of Urinary Tract Support™ mixed into any beverage, (preferably water) every two to three hours during the infection. Oral D-mannose does not create an insulin response, so it is safe for diabetics.<sup>7</sup> It is also safe for pregnant women and small children.<sup>8</sup> If antibiotic therapy has already been instituted it is still safe to use Urinary Tract Support™ concurrently.<sup>9</sup> Although most women and occasionally men with single episodes of bladder or UTI will only need to use it for a few days at most, a single daily dose is an option some practitioners recommend to those with frequent infections to maintain a healthy urinary tract.

## REFERENCES

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## CAUTIONS:

Although only 10% of cases are caused by other than E coli, it is still advisable to get a urine collection just before starting Urinary Tract Support™ so that rapid identification of the organism can be made in the event that the Urinary Tract Support™ treatment is not successful. If the symptoms are not substantially better or completely gone in 24 hours the organism is probably not E coli and it is important to call for an antibiotic prescription. There will be plenty of time to start the antibiotic if it is needed.<sup>6</sup> In some individuals multiple doses may cause abdominal bloating and loose stools.<sup>9</sup>

\*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.

