

## UT-Clear

Helping to prevent  
urinary tract infections

UT-Clear contains doses and standardized grades of cranberry extract and D-mannose that have been shown to reduce the recurrence of urinary tract infections. Studies demonstrate that cranberry extract contains active constituents, which decrease the ability of bacteria to adhere to the walls of the urinary tract. In addition, cranberry extract also helps to acidify the urine, which decreases the ability of bacteria to replicate. UT-Clear contains 150 mg of cranberry extract per capsule, and the cranberry extract is standardized to contain 30% total acids, of which 10% are quinic acid and 3% polyphenols. Standardized extracts of this nature are the type of cranberry product that have been shown to reduce recurrence of urinary tract infections, even in elderly women.

D-mannose is a simple sugar that the human body can not metabolize (so no calories to worry about and it does not affect blood sugar). However, once filtered by the kidneys into the urine, D-Mannose acts like a slippery glove around the tentacles of E. Coli bacteria, preventing these bacteria from clinging to the walls of the urinary tract. In the presence of D-Mannose the bacteria simply lose their grip and slide out of your body each time you urinate. E. Coli is the primary culprit in urinary tract infections. And it's a stubborn little germ, largely because it grips to the walls of the urinary tract with its tentacles that act like little suction cups. Thus, E.coli bacteria, is hard to eliminate even with the use of antibiotics, which are sometimes required when a UTI is in progress. But antibiotics may not kill all the E.Coli bacteria and the ones that remain, cling to the walls of the urinary tract, giving them a chance to multiply and create a whole new UTI episode in the future. This is where D-Mannose comes in. D-Mannose, at a daily dosage of 500-1,000 mg per day helps to flush E.Coli out of the body before they can stick to the walls of the urinary tract and initiate another urinary tract infection. Thus, a combination supplement containing cranberry extract and D-Mannose, at



effective dosages and standardized grades, is a potent one-two punch in the prevention of troublesome urinary tract infections.

If you suffer from recurrent urinary tract infections you should consider taking one or two capsules per day of UT-Clear to help support the health of your urinary tract.

### Clinical Applications:

Prevention of urinary tract infections  
Adjunctive support during treatment of urinary tract infections

### Active Ingredients

Cranberry Extract (std to 30% total acids, including 10% quinic acid and 3% polyphenols)	150 mg
D-Mannose	500 mg

Amounts per capsule, 60 per bottle

### Contraindications & Considerations

Conditions:

- Pregnancy
- Breast Feeding (Lactation)
- Kidney Failure (Renal Failure)<sup>1</sup>
- Received a transplant of any kind<sup>1</sup>
- If kidney has been removed<sup>1</sup>
- Kidney clearance problems (e.g., dialysis)<sup>1</sup>

<sup>1</sup>Requires approval from specialist/physician