


DO YOU KNOW SOMEONE WHO SUFFERS FROM UTIS?



Learn how to reduce the recurrences naturally

RECOGNIZE ANY OF THESE?

- Constant urge to pee
- Burning sensation during urination
- Fever and sweating
- Cloudy or bloody urine
- Strong odor in urine



Did you know that 30% of women who get UTIs have them every few months?

You may know it very well: that sinking feeling that you're – yet again – getting a urinary tract infection



What gives?

Some women are simply more prone to urinary tract infections, yet it feels like there is no standard solution for preventing them from happening. If you have already been told about general tips: peeing after sex, drinking lots of water, wearing loose pants and cotton underwear, or not holding it in - you've been there, you've done that. So what's next?

Fact or Fiction?

A UTI is preventable:

✗ MYTH!

MYTH - UTIs are not 100% preventable, but there are ways to reduce your chances of getting one. These include drinking plenty of water, urinating before and after sex, wiping from front to back and using cranberry supplements that contain **36mg of proanthocyanidins (PACs)**.

If I wait it out, my UTI can go away on its own, without antibiotics:

✗ MYTH!

MYTH - UTIs need to be treated ASAP! The longer you wait, the greater the risk of spreading the infection to your bladder and kidneys.

Pregnancy can lead to more UTIs:

✓ FACT!

FACT - Due to hormonal changes in the urinary tract, pregnant women are more likely to get UTIs. Stagnant urine is also a source of infection as the pressure on the bladder prevents it from emptying completely.

Some types of birth control can cause UTIs:

✓ FACT!

FACT - Women frequently developing UTIs after sexual intercourse reported using condoms, diaphragms or spermicides while engaging in sexual activity. These barrier contraceptives can irritate the tissue and create an environment where bacteria can thrive.

Cranberries (or cranberry juice) can cure UTIs:

✗ MYTH!

MYTH - Cranberries cannot treat or cure UTIs. Only an antibiotic can treat an established UTI. For prevention though, there is a lot of evidence showing the benefits of cranberries when the right amount of the active molecule (Proanthocyanidins – PACs) is present.

UTIs are contagious:

✗ MYTH!

MYTH - UTIs are not contagious and cannot be passed on to a partner during intimacy.

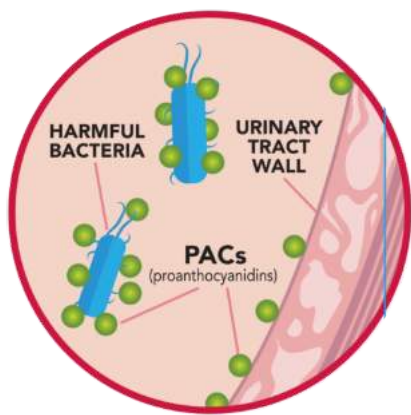
ANTIBIOTICS ARE REQUIRED FOR TREATMENT, BUT WHAT ABOUT PREVENTION?

To kill the bacterial infection, antibiotics are the first line of treatment. For recurrent cases, some doctors may prescribe low doses of antibiotics on a daily basis, but these can be accompanied by some unpleasant side effects like nausea, diarrhea, chronic yeast infections and others.

Cranberries, however, have long been accepted as the UTI prevention superfruit. While there's some truth behind it, it's important to note that **not all cranberry supplements are made equal.**



CRANBERRY PROANTHOCYANIDINS (PACs)



Research has shown there's a bioactive component found in cranberries that can prevent bacteria like **E.coli** from adhering to the urethra and bladder wall, preventing an infection from developing.

Proanthocyanidins (PACs) are responsible for the promotion of natural flushing to remove bacteria from our urinary tract. Backed by scientific studies, it has been determined that a daily dosage of **36mg of PACs is necessary for clinically effective prevention of UTIs.**

BE MINDFUL OF YOUR SUPPLEMENT CHOICE

Most cranberry supplements don't even mention proanthocyanidins in their ingredient which makes us question if they contain any bioactive molecules at all.

How can you tell?

It should be clearly stated on the box in the medicinal ingredients. Most just say: 500mg Cranberry (vaccinium macrocarpon).

Amount Per Capsule / Quantité Par Capsule
Uropheno TM - 240 mg Cranberry (Vaccinium macrocarpon) fruit extract providing 15% proanthocyanidins (PACs) = 36 mg PAC per BL-DMAC method †
Uropheno TM - 240 mg d'extrait de canneberge (Vaccinium macrocarpon) pour contenir 15% proanthocyanidines (PACs) = 36 mg de PAC selon la méthode BL-DMAC †
† Daily Value not established Valeur quotidienne non établie



Utiva UTI Control Supplement

A natural option to prevent UTIs and reduce your dependence on antibiotics

Recommended by specialists to prevent UTIs

- Contains 36mg proanthocyanidins (PACs) in each capsule
- Made in Canada from 100% natural whole fruit cranberries
- High in antioxidants to maintain a healthy urinary tract
- Health Canada approved: NPN 80079601

Recommended dosage:

1 capsule daily for maintenance

For UTIs triggered by sex:

2 capsules before or after sex +
2 more 24hr later

Utiva Urinary Tract Infection Control Supplement is a best in class maintenance nutraceutical. It is produced with a 15% concentration of PACs resulting in 36mg of PAC in each capsule. The scientifically proven BL-DMAC method to measure the PAC concentration has been utilized to provide this high-quality supplement. Additionally, our supplement is extracted from whole fresh cranberries which ensure we get PACs from all components of a cranberry - not only from the juice or the insoluble parts of the fruit. This full source of PACs has shown strong positive effects on gut and bladder health.

INTERESTED IN KNOWING YOURSELF AT HOME?

Utiva UTI Test Strips are Health Canada approved as a consumer version of the same urine dipstick used at labs and clinics. They are simple, accurate and convenient way to test for leukocytes and nitrites.



Utiva UTI Test Strips

Take charge of your own health by testing your symptoms in the privacy of your home whenever you want. Depending on the results, it is always advisable to visit your physician for next steps.



Available at:

www.mckinhealth.ca

Email: info@mckinhealth.ca



McKin Health

Ask us about:

- Hold-n-Place Foley Catheter Holders
- Hold-n-Place Adhesive Patch for the Foley Catheter Holder
- FiberCel - Fiber Powder
 - ✓ Mix with food or drink
 - ✓ 5g of Soluble Fiber
 - ✓ Grit Free + Non-Thicken
 - ✓ Taste free, dissolves instantly
 - ✓ no bloating or cramping

Wound Care - Protein Supplements

- PUSH - Collagen Dipeptide Concentrate
 - ✓ Promotes Wound Healing
 - ✓ Improves Skin Texture
 - ✓ Increases Skin Moisture & Elasticity
- LiquaCel - Liquid Protein
 - ✓ Great tasting hydrolyzed collagen liquid protein containing 16g of protein and 2.5g of arginine in every serving (1 oz)
- ProCel - Flavoured Whey Protein (Chocolate & Vanilla), Unflavoured
 - ✓ 15g (flavoured), 5g (unflavoured) of high-quality whey protein per serving
 - ✓ Dissolves instantly in 4-6 oz of liquid or soft food
 - ✓ Great in your favorite shakes, smoothies & coffee (under 150°F)!
 - ✓ Perfect for dialysis and bariatric patients!

SOURCES

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