**UTI X**

*Advanced Urinary Tract Infection Prevention with Hibiscus (Ellirose™), Cranberry (Cran D’Or™) & The Friendly Trio® Probiotics. The term “UTI” is all too familiar to many women.* But Enerex UTI X can help prevent urinary tract infections, including recurrent UTIs. It offers potent Hibiscus Flowers & Whole Cranberries proven to reduce the ability of *E.coli* bacteria to cling to the sides of the urinary tract and enter cells. It includes top-rated Probiotics to rebalance bacteria, and antioxidant minerals Zinc & Selenium for a healthy, robust urinary system.

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**OVERVIEW**

- UTI Information
- Product Ingredient Features
- Research
- Packaging

**UTI INFORMATION**

**UTIs: What we can’t change and what we can change.**

We can’t change the fact that our bodies were designed with three sensitive and susceptible areas located very close to each other that shouldn’t mix their microscopic bacteria: the anus, urethra and vagina. But they often do. UTIs are the second most common infection in the body, instigating 8.3 million doctor visits each year in the US,* usually caused by *E.coli* found on skin in these areas that gets pushed into the urinary system. However, we can change the likelihood and frequency of UTIs by dealing directly with these bacteria. **Enerex UTI X**’s ingredients stop pathogenic bacteria in their tracks by not letting them take hold on the urinary tract’s walls, and give the good bacteria reinforcements to fight invading *E.coli*.

**When bacteria go bad.** When normally harmless bacteria enter the urethra, they can make their way up into the bladder, ureters & kidneys to cause infection. Most commonly

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involving the lower urinary tract (bladder & urethra), bladder infections or “cystitis” can be painful, inconvenient and annoying but not serious – unless it spreads to your kidneys.

Do you have a UTI? Common symptoms:
- Persistent urge to urinate
- Burning sensation when urinating
- Strong smelling urine
- Passing frequent, small amounts of urine
- Cloudy urine or pink urine
- Urethra discharge
- Pelvic pain, especially down around the pubic bone
- UTIs may be overlooked/mistaken for other conditions including a yeast infection or STD.

Tips to reduce chances:
- **Drink plenty of water.** This helps dilute urine & ensures you'll urinate more frequently, helping bacteria to be flushed from the urinary tract before an infection begins.
- **Be careful when wiping.** Wipe from front to back after urinating/bowel movement to prevent bacteria from spreading.
- **Empty your bladder soon after intercourse.** This helps take bacteria from the area. Consider drinking 8 oz water prior to intercourse to ensure urine flow.
- **Drink cranberry juice/eat cranberries.** Their naturally occurring proanthocyanidins are well researched to help prevent pathogens from sticking to cells/tract walls.
- **Avoid feminine/perfumed products in this area.** Using deodorant sprays, highly scented bubble bath foam or shower gel in the genital area can irritate the urethra.
- **Change your birth control.** Diaphragms or unlubricated/spermicide-treated condoms can contribute to bacterial growth.
- **Take UTI X.** It helps ensure an infection doesn’t take hold or recur.

**UTI X** works quickly to resist infection. It’s safe, totally natural (utilizing plants, not drugs/antibiotics) with no negative side effects, and its components also increase general health. It offers potent Ellirose™ Hibiscus and Cran D’Or™ Cranberry to fight invaders, The Friendly Trio® probiotics to rebalance bacteria, and antioxidant minerals Zinc & Selenium known to reduce urinary symptoms. It has no GMOs, additives, preservatives, carriers, sugars, sweeteners, colours, fillers, lubricating agents, and is thoroughly tested for purity and efficacy.

**INGREDIENTS**
CRANBERRY (Cran D’Or™):
A dose of UTI X equals all the benefits of one 8 oz glass cranberry juice cocktail without sugars and calories. It uses award-winning Whole Fruit Cranberry Vaccinium macrocarpon (by Fruit Cran D’Or). Why? Whole cranberries are clinically proven to be required for the fruit’s power to reduce UTIs (not just selected extracts within them, like some supplements offer). It’s guaranteed pure, direct from grower/processor, using a unique drying process that maintains berries’ nutrients in a powder: 37 lbs fresh cranberries = 1 lb cranberry powder.

Cranberry’s polyphenol antioxidants called proanthocyanins have been well-researched and found to be the “mechanism of action” for its strength against urinary tract infections. The cranberries used by Enerex contain 50% more proanthocyanidins (PACs) than other whole fruit supplements.

The supplier Enerex uses, Fruit Cran D’Or, discovered a technology to measure the amount of this nutrient and its efficacy, and found that some brands of whole cranberry powdered supplement contain more than others. “Polyphenol Fingerprinting” for cranberry proanthocyanidins (C-PAC) offers a provable reference standard. Scientists used electron microscopy to capture images of intestinal Escherichia coli (E.coli) that firmly stuck together in the presence of proanthocyanidins from the cranberry rather than to tract walls. Fruit Cran D’Or has standardized both the soluble & insoluble polyphenols needed in cranberries, with each batch tested for anti-adhesion of bacteria to the urinary tract to ensure potency. (See “Research”)

HIBISCUS (Ellirose™):
Hibiscus flowers date back to 4000 BC from India and Sudan, and were brought to the Americas in the 1600s. But their leaves and flowers started being used by physicians as a diuretic in the 1950s.

Hibiscus flower, Hibiscus sabdariffa, has anthocyanin antioxidants that aid the urinary system, reducing both E. Coli (as an antimicrobial) in UTIs and Candida albicans (as an antifungal) for yeast infections. Yeast infections may occur during or after a UTI (due to infection or antibiotic use). Hibiscus’ effect begins immediately. In studies using Ellirose™, the supplier Enerex uses, it reduced E.coli and K.pneumonia pathogen activity in the urinary tract one day after beginning treatment. In research, hibiscus is also proven to increase urination (diuretic effects) that reduces infection more quickly. Hibiscus flower also has medicinal citric and malic acid, plus flavonoid antioxidants that are good for general immune health. (See “Research”)

PROBIOTICS (The Friendly Trio®):
UTI X’s special strains of Lactobacillus & Bifidobacterium probiotics rebalance your bacterial environment following antibiotics; they reduce inflammation; and they decrease colonization of pathogens like E.coli. In probiotics research, these strains (called Lactobacillus acidophilus,
Bifidobacterium bifidum & Bifidobacterium longum) are the ultimate ones to protect the urinary system in addition to the GI tract, and they also enhance the immune system’s leukocytes, phagocytes, T-lymphocytes & natural killer cells to fight disease. These strains are used in over 30,000 hospitals and clinics worldwide.

Enerex uses The Friendly Trio® professional-grade human strain probiotics, guaranteed to have 2 Billion LIVE friendly bacteria. The Friendly Trio® are temperature-stable: advanced technology enables no refrigeration. They have been perfected through Japanese laboratory culturing. (See “Research”)

MINERALS

Selenium (Citrate): Selenium is an essential trace mineral and antioxidant nutrient that is important for everything from your brain’s cognitive function and your immune system to fertility in both men and women! It contributes to your metabolism, helps protect against oxidative damage (premature aging), cancer, cardiovascular disease, thyroid problems, and asthma. But Selenium is added to UTI X because of its potent powers to stop infection. In research, supplementing with Selenium reduced lower urinary tract symptoms (2013 study), and had potential to lessen other urinary issues including bladder cancer (2008 study). (See “Research”)

Zinc (Citrate): Zinc is also an essential trace element and antioxidant nutrient that must be consumed regularly. It boosts the immune system, and is often used to prevent/alleviate flu. It reduces eye diseases, asthma, depression, Crohn's disease, dementia, high blood pressure and diabetes associated nerve damage.

Yet, like Selenium, Zinc is in UTI X because it has incredible abilities against infection (not only of the urinary tract, but for ear and respiratory infections). In Zinc research, a 2019 study showed that macrophage cells in the immune system actually use the Zinc that’s naturally found in the body to clear bacterial infections. And Zinc supplementation was found to produce a faster recovery in patients with UTIs in a 2016 study. (See “Research”)

RESEARCH

CRANBERRY

Study #1: This review of studies shows that much research has proven several strains of E. coli were stopped from adherence to the walls of the urinary tract due to cranberry, and this review researched many other clinical studies showing that additional pathogens including Proteus spp., P. aeruginosa, S. aureus, and K. pneumoniae also did not adhere to the walls due to

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cranberry's effects. Even drug resistant strains of *E.coli* could not adhere to uroepithelial cells in the presence of proanthocyanidin from cranberry, showing that cranberry may be used to replace antibiotics if they are not successful.  


**Study #2:**
There are many studies confirming not only the safety and benefits of cranberries of using cranberries for treatment, but that cranberry juice can decrease *E. coli* adhesion up to 8 hours after consumption. Here are a few more studies:


**Study #3 (on Ellirose™ product):**
Through an electron microscopy, this study researched whether cranberry proanthocyanidins alone, probiotics alone or probiotics in combination with cranberry were better to stop the *E.coli*. In all three, the compounds in cranberry juice and juice based powders altered the surface of the cell, making the *E.coli* stick together firmly so they cannot invade the enterocytes of the cell. It found that organic cranberry powder alone did stop invading *E.coli* depending on the dose. Good bacteria (*Lactobacillus acidophilis*) did not stop the *E.coli* when added alone, but a blend of several strains (*L. acidophilis, L.gasseri, Bifidobacterium animalis* subsp. *Lactis, L. plantarum, L. acidophilus* and *L. rhamnosus L. acidophilis*) and cranberry together significantly stopped the invading bad bacteria, even more than cranberries alone. February, 2015: [https://fruit-dornutraceuticals.ca/category/testing/](https://fruit-dornutraceuticals.ca/category/testing/) and [https://fruit-dornutraceuticals.ca/benefits-of-cranberry/fruit-dor-cran-naturelle-cranberry-juice-powder-approved-health-canada-urinary-tract-infection-uti/](https://fruit-dornutraceuticals.ca/benefits-of-cranberry/fruit-dor-cran-naturelle-cranberry-juice-powder-approved-health-canada-urinary-tract-infection-uti/)
HIBISCUS

Study #1:
This 2012 study wanted to find out whether it mattered how anthocyanins, the active component, were taken from the hibiscus flower in reducing pathogenic bacteria. The results showed that all extraction methods worked well to stop Bacillus subtilis and E. coli. But cold extraction worked slightly better. The tests proved that this flower material can be taken as an alternative source of antibacterial against these human pathogens.

Study #2:
This study says that Hibiscus sabdariffa is widely used for treating diseases, yet it wanted to further investigate the antibacterial activity of it on Escherichia coli. The active component was extracted from freeze-dried flowers in concentrations of 10%, 5%, and 2.5% extract. The results showed that hibiscus was effective at all of these levels in inhibiting E. coli. “Thus it possesses antimicrobial activity and holds great promise as an antimicrobial agent.”

Study #3:
Hibiscus sabdariffa calyces (in flowers) are widely used in beverages. What are the effects of drinking beverages that use it? In this study, extracts were tested for antimicrobial activity against pathogens Escherichia coli and Staphylococcus aureus when in drinks. Both heated and cold extracts inactivated pathogens (reduced their populations) after 24 hours. Heated extracts had only slightly decreased anthocyanins (the active component). These findings show the potential of Hibiscus extracts to prevent the growth of pathogens even when taken in beverage supplements.

ZINC

Study #1:
Zinc could help as non-antibiotic treatment for UTIs according to 2019 from University of Queensland. Details about the role of Zinc in our immune system and development of bacterial diseases were examined here. Researchers already knew that Zinc was toxic to bacteria, but this...
study confirmed that immune system macrophage cells in the body naturally deploy Zinc to clear bacterial infections, and that E.coli tries to escape from Zinc. Zinc is also used against tuberculosis Salmonella and Streptococcus.
(Claudia J. Stocks, Minh-Duy Phan, et al., “Uropathogenic Escherichia coli employs both evasion and resistance to subvert innate immune-mediated zinc toxicity ..”. Proceedings of the National Academy of Sciences, 2019; 201820870 DOI: 10.1073/pnas.1820870116)

Study #2:
Urinary tract infection is very common in children and can create permanent disease complications. Zinc increases the response to treatment in many infections and this study of over 200 children found Zinc effectively treated UTIs. A faster recovery was observed in those receiving Zinc especially within the first 3 months of treatment. It positively affected severe dysuria and urinary frequency (but is not recommended in the presence of abdominal pain).

SELENIUM

Study #1:
Bladder cancer is the most common cancer of the urinary tract. This clinical trial assessed the effects of Selenium (and silymarin, milk thistle herb) in men with lower urinary tract symptoms such as increased or reduced flow, and prostate issues. The results showed statistically significant differences between treatment and control groups in maximal rate of their urine flow/frequency, and significant reduction in their PSA levels (that can indicate prostate cancer).

Study #2
This 2016 study from Poland found that although the role of Selenium in bladder issues including cancer is not obvious, evidence has emerged from epidemiological data supporting a potential preventive role of Selenium. The latest meta-analysis encompassing 1,910 cancer patients estimated that the cancer incidence was greater in patients with low Selenium, yet the protective effect of this trace element was only observed in women. However, another similar analysis of studies examining Selenium supplementation and the risk of bladder cancer revealed protective effects were only observed in men!
(HW Kim, 2012, “Preventive effect of selenium on chronic bacterial prostatitis .... & Nicolle

PROBIOTICS

Study #1
This study wanted to determine whether the use of probiotics, especially lactobacilli, would aid in prevention of UTIs. Since lactobacilli dominate the urogenital bacteria of healthy premenopausal women, restoration of these good bacteria with lactobacilli may protect against UTIs. This review is based on a search of PubMed for relevant articles, and most of them had encouraging findings for some specific strains of lactobacilli: Lactobacillus rhamnosus, L. reuteri, L. casei shirota and L. crispatus. The evidence suggests that probiotics can be beneficial and safe for preventing recurrent UTIs in women.


Study #2
Women with recurrent urinary tract infection often demonstrate persistent vaginal colonization with Escherichia coli. Since strains of lactobacilli that produce hydrogen peroxide reduce growth of E.coli, the absence of these strains may predispose to E.coli colonization and to UTIs. To test this, vaginal introital cultures were obtained from 140 women, 65 with recurrent UTI and 75 without. Vaginal E.coli colonization was significantly more frequent in patients with recurrent UTI and in women without adequate lactobacilli than in women with enough. Spermicide use was associated with greater risk of vaginal E. coli and with absence of lactobacilli. The study found that absence of lactobacilli may be important in recurrent UTI caused by E. coli.


PACKAGING

Why should you care about Enerex OCCUMAX’s bottle? We chose this packaging because it protects the product and the planet. Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). Studies show high concentrations of chemicals that have migrated from other types including HDPE bottles to the product inside compared to PETE and glass bottles.