

UT DEFENSE



CLINICAL APPLICATIONS

- Provides Support for Healthy Urinary Tract Function
- Supports Healthy Microbial Balance in the Urinary Tract
- Helps Maintain a Healthy Mucosal Surface in the Urinary Tract
- Promotes Healthy Immune Function

AdvancedResearchWellness.com

Tel: (717) 733-2080

IMMUNE HEALTH

UT Defense is a formula designed to support kidney and urinary tract health, and to help to promote microbial balance. The formula includes Cran-Max®, a cranberry extract which boasts antioxidant activity three times higher than cranberry juice and beneficial fiber content. A unique protective delivery system ensures special compounds from cranberry are not destroyed by gastric acid and pass through the lower gastrointestinal tract for absorption into the urinary tract. UT Defense also includes dandelion leaf extract, a natural diuretic and UTI Rose™, an extract of hibiscus flower shown to promote healthy microbial balance in the urinary tract. Each capsule of UT Defense includes: 500 mg Cran-Max®, 225 mg dandelion leaf extract and 200 mg UTI Rose™.

Overview

The urinary tract is made up of the kidneys, bladder, and the tubes leading to and from these organs, the ureters and the urethra, and is responsible for producing urine and eliminating it from the body. As an important organ of elimination, a healthy urinary system is essential to the health of the entire body. Many individuals including pregnant women, and the elderly may benefit from additional support for the urinary tract. The Cran-Max® in UT Defense formula is made of 100% cranberry fruit solids concentrated through a proprietary process by using 34 pounds of whole fresh cranberries to produce one pound of Cran-Max®. This process intensifies the natural benefits of the whole cranberry, without the use of any solvents, preservatives, sugars, water, flavorings or color. Together with UTI Rose™ and dandelion leaf, UT Defense offers a full spectrum of kidney and urinary tract support, promoting microbial balance, healthy detoxification and urine excretion.

Cranberries/Cran-Max® †

Cranberry juice has been used historically as a remedy for urinary tract health.^[1] The mechanism of action of cranberry juice and its extracts is the inhibition of microbial binding to host cell surface membranes. In vitro studies have observed it to promote healthy microbial balance^[2,3] facilitated by proanthocyanidins (PAC), which impact bacterial adherence and maintain the microbial health of the urinary tract.^[4] A recent meta-analysis of 10 clinical trials and 1,494 subjects, showed supplementation of cranberry-containing products supported urinary tract health and urine flow, in women and children, showing greater benefit for cranberry users by 38%.^[5] A meta-analysis of the results of four randomized controlled clinical trials, found prophylactic use of cranberry significantly supported urinary tract health over a 12-month period, compared with placebo.^[6] In another published clinical study,^[7] more patients experienced better urinary tract health markers in the Cran-Max® supplemented group, compared to the group given dry cranberry powder.

Hibiscus sabdariffa†

H.sabdariffa extracts have long been used in herbal teas and for urinary tract support. *H.sabdariffa* calyx in a 10:1 extract (patented UTI Rose™ extract) includes compounds that promote microbial balance, and prevent bacteria from adhering to the bladder wall, including substantial amounts of flavonoids, sambubiocides, anthocyanidins, proanthocyanidins and chlorogenic acids. In addition, other ingredients such as polysaccharides and a high concentration of simple organic acids provide urinary tract support. An in vitro study on Hibiscus calyx and protocatechuic acid has shown its ability to promote microbial balance, mediated by protocatechuic acid

† 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.

EFFICACY
the power of *e*

content^[8] and a six-month, double-blind, placebo controlled study, found 200 mg of *H.sabdariffa* extract taken once a day, significantly promoted urinary tract health by 77%.^[9]

Dandelion Leaf Extract†

Dandelion leaf has a history of use in various preparations including infusions, extracts, and fresh expressed juice for improving urinary tract function. A clinical study of 17 participants given an extract of *T. officinale* fresh leaf, found it acts as a natural diuretic to increase the frequency and excretion ratio of fluids in these healthy subjects.^[10]

Directions

2 capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts ^{v1}		
Serving Size 2 Capsules Servings Per Container 30		
2 capsules contain	Amount Per Serving	% Daily Value
Cranberry Concentrate (Cran-Max®)	500 mg	*
Dandelion Leaf Extract	225 mg	*
Hibiscus Flower Extract (Ellirose™)	200 mg	*

* Daily Value not established

ID# 500060 60 Capsules

References

1. Yarnell E, Abascal K, Hooper C. Clinical Botanical Medicine. Larchmont: Mary Ann Liebert; 2003.
2. Sobota AE. Inhibition of bacterial adherence by cranberry juice: potential use for the treatment of urinary tract infections. *J Urol.* May 1984;131(5):1013-1016.
3. Schmidt DR, Sobota AE. An examination of the anti-adherence activity of cranberry juice on urinary and nonurinary bacterial isolates. *Microbios.* 1988;55(224-225):173-181.
4. Howell AB, Vorsa N, Der Marderosian A, Foo LY. Inhibition of the adherence of P-fimbriated Escherichia coli to uroepithelial-cell surfaces by proanthocyanidin extracts from cranberries. *N Engl J Med.* Oct 8 1998;339(15):1085-1086.
5. Wang CH, Fang CC, Chen NC, et al. Cranberry-Containing Products for Prevention of Urinary Tract Infections in Susceptible Populations: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Arch Intern Med.* Jul 9 2012;172(13):988-996.
6. Jepson RG, Craig JC. Cranberries for preventing urinary tract infections. *Cochrane Database Syst Rev.* 2008(1):CD001321.
7. Bohbot J. Results of a randomised, double-blind study on the prevention of recurrent cystitis with GynDelta. *The Gynaecologist's and Obstetrician's Journal.* 2007.
8. Liu KS, Tsao SM, Yin MC. In vitro antibacterial activity of roselle calyx and protocatechuic acid. *Phytother Res.* Nov 2005;19(11):942-945.
9. Allaert F. Prevention of recurrent cystitis in women double-blind, placebo-controlled study of Hibiscus sabdariffa L extract. *Lettre de l'Infectiologue.* 2010;25(2).
10. Clare BA, Conroy RS, Spelman K. The diuretic effect in human subjects of an extract of Taraxacum officinale folium over a single day. *J Altern Complement Med.* Aug 2009; 15(8):929-934.

† 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.