



# D-Mannose

## Urinary Tract Infection


**Is this something that affects your life?**

Did you know that 40 - 50% of women have at least one Urinary Tract Infection (UTI) during their lifetime, 20-30% have a recurrent UTI (2 infections in 6 months, or more than 3 infections a year).

### What is D-Mannose?

D-Mannose is a type of sugar found in a number of fruits (including cranberries, black and red currants, and peaches). It is a food supplement normally supplied in capsule form and taken with water. Research has shown that D-Mannose inhibits bacteria that causes infection from adhering to the walls of the urinary tract.

**D-Mannose is clinically proven to help  
and cure this recurring problem.**



Helping you to help your body,  
the natural way!



---

A Clinical Study has been published in the world renowned British Journal of Urology International (BJUI) to show that D-Mannose, a natural sugar, is effective in the prevention of recurrent UTI. The BJUI is also the official journal for the Irish Society of Urology.

### **D-Mannose Clinical Studies**

The study assessed 308 women with acute UTI and a history of recurrent UTI over a period of 6 months.

- The patients were randomly allocated to three equal groups.
- The first group received 2g of D-Mannose powder daily.
- The second group received 50mg of Nitrofurantoin once a day.
- The third group did not receive any preventative treatment.

### **During the 6-month study period 98 patients (32%) had a recurrent UTI.**

The rate of recurrent UTI was significantly higher in the group that did not receive any preventative treatment (60%) compared with the groups receiving D-Mannose (15%) and Nitrofurantoin (20%).

Therefore, the Study showed that the group taking D-Mannose had the lowest recurrence of UTI and were four times less likely to contract UTI compared to the group that did not take any preventative treatment.

### **D-Mannose v. Cranberry**

Cranberry extracts are commonly used in the treatment of UTI. However, relatively small amounts of D-Mannose occur in Cranberry and pure D-Mannose powder has up to 50 times more D-Mannose than Cranberry.

The Clinical Study published in the BJUI also observed that the usefulness of Cranberry products in preventing recurrent UTI's has not been clearly established, although it is still widely used. The Study quoted from the latest Cochrane Database, the foremost international resource for medicine research, which concluded that Cranberry products cannot currently be recommended for the prevention of recurrent UTI.

---

**Use of D-Mannose in prophylaxis of recurrent urinary tract infections (UTIs) in women. Silvio Altarac and Dino Papeš © 2013**