



# Cranberry/d-Mannose

## INTRODUCED 2005

### What Is It?


Cranberry/d-Mannose combines cranberry extract made from 100% cranberry fruit solids and d-mannose for dual support of urinary tract comfort.\*

### Uses For Cranberry/d-Mannose

**Urinary Tract Support:** Cranberry extract provides urinary tract support without the unwanted sugar found in cranberry juice or juice cocktails, which can encourage the growth of unfriendly bacteria. It enhances the acidity of urine and maintains a healthy urinary tract ecology. One study suggested the potential for cranberry juice to interact with lectin receptors and maintain a healthy bladder wall. At Brigham and Women’s Hospital in Boston, a randomized double blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. d-Mannose, a simple sugar found in cranberries and other fruit, is included in this formula to provide additional concentrated support. One study examining the effect of d-mannose on epithelial cells suggested that it may play a role in supporting healthy genitourinary function by maintaining a healthy mucosal surface.\*

### What Is The Source?

Cranberry extract is made in a proprietary process from 100% whole cranberry fruit solids without the use of solvents or sugars. It is made in a patented process designed to concentrate and protect the bioactive principles of cranberry with a natural fiber matrix, which helps to facilitate their transportation to the lower intestine without being destroyed by gastric acid. d-Mannose is sourced from beech/birch wood hydrolysate (inner wood). Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

 The cranberry juice extract in Cranberry/d-Mannose is Cran-Max®. CranMax® is a registered trademark of BDM Biotechnologies, LLC.

### Recommendations

Pure Encapsulations recommends 2–6 capsules daily, in divided doses, with or between meals.


### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Cranberry juice and d-mannose have been associated with gastrointestinal upset, nausea, vomiting, and diarrhea in some individuals. d-Mannose should not interfere with blood sugar regulation even for diabetics because so little is absorbed, though close monitoring is always advised. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Some in vitro studies suggest that cranberry could alter the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. However, this has not been demonstrated in human studies. Cranberry may be contra-indicated for individuals on blood thinning medications. Consult your physician for more information.

#### Cranberry/d-Mannose

each vegetable capsule contains	 v 00
cranberry juice extract .....	100 mg
d-mannose .....	450 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	11 mg
other ingredients: cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	
2-6 capsules per day, in divided doses, with or between meals.	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.