



UROSTAB

food supplement

PHARMACEUTICAL FORM

Powder for oral solution in sachet

Appearance: powder, purple to brownish in color with white particles and characteristic odor.

COMPOSITION

One sachet contains

Active substances:

Potassium citrate 3000,0 mg

Natural D-mannose 1000,0 mg

Cysticran 90,0 mg

Excipients: mannitol 893 mg, citric acid 12 mg, sodium saccharin 5 mg.

PROPERTIES

UROSTAB powder for oral solution in sachet is a unique combination of cranberry extract, potassium salt, and D-mannose designed to support the health of the urinary tract.

Each sachet of Urostab contains 90 mg of patented extract of American cranberry Cysticran, equivalent to 36 mg of proanthocyanidins.

The **red Cranberry fruits** are rich in proanthocyanidins (PACs), which have antibacterial properties; they are used in food integration to reduce the recurrence of urinary tract infections as proanthocyanidins reduce adhesion forces between the bacterium and the surface of the urinary tract. Cranberry also stimulates the production of hippuric acid which helps to maintain a favourable bacterial balance in the urinary tract.

Most UTIs start when *Escherichia coli* (*E. coli*) - a microorganism that lives in the digestive tract and is found in the anal area - invade the bladder and penetrate a protective coating of the superficial cells that line the bladder. In most cases, urine flow washes out bacteria from the bladder. But the cell wall of *E. coli* bacteria has tiny finger-like projections that contain complex molecules called lectins on their surface. These lectins are cellular glue that binds the bacteria to the bladder wall so they cannot be easily rinsed out by urination.

D-mannose is a monosaccharide that allows the inhibition of the *E. coli* to the urinary tract with type-1 pili; this sugar, in fact, sticks to the bacteria due to the high affinity towards the lectins of *E. coli*, forming a bacterium/mannose relationship relation that is stronger than the

bacterium/bladder wall relation. This helps the detachment of potentially pathogenic bacteria from the mucosa of the urinary tract allowing its elimination through the urine stream.

Although D-mannose is found in cranberries, cranberries don't contain enough of the sugar to have the same effect. At the same time, cranberry extract contains proanthocyanidins that also prevent *E. coli* from adhering to the urethra and bladder. Cranberry extract also has a potent immune-stimulating effect. The two, when taken together, produce a beneficial synergistic effect on the urinary tract system.

When there is an infection in the urinary tract, the bacteria in the bladder create an acidic environment that helps them to grow and multiply rapidly. As a result, the urine becomes more acidic, making it very painful to pass urine.

Urostab contains **potassium citrate** which neutralizes the acidity of the urine. This helps to relieve the burning, stinging sensation when passing urine and reduces the urge to urinate so frequently, both of which are common symptoms of cystitis.

Potassium citrate is effective in removal of uric acid and oxalate calculi.

Furthermore, it prevents precipitation of calcium compounds due to its ability to bind calcium. This makes potassium citrate very suitable for treatment of bladder stones.

BENEFITS AND USES

UROSTAB is used for:

- Inhibition of the bacterial adhesion to the bladder.
- Antioxidant action.
- During and after the use of antibiotics for urinary problems.
- For elderly men, who may suffer from frequent problems with the urinary tract in connection with growing prostate.
- General health and wellbeing of the urinary tract system.

DOSAGE AND METHOD OF ADMINISTRATION

For oral administration.

The recommended dose is:

Adults

In the acute phase: take 1 sachet twice a day, for 5 days.

For the prevention of relapses: take 1 sachet a day, 10 days a month.

The product should be taken far from meals, preferably on an empty bladder (i.e. after the last urination in the evening and after the first urination in the morning) dissolved in glass of cold water (100 ml) or any favorable drink.

CONTRAINDICATIONS:

- Hypersensitivity to some of the components of the Urostab.

SIDE EFFECTS

There is a possibility of allergic reactions to some of the drug components.

PRECAUTIONS

Do not take this product if you have individual intolerance to some of its components.

It's necessary to take care if you experience edema due to heart or kidney failure.

Do not exceed the recommended daily dosage.

UROSTAB is a food supplement and it is not a substitute of the well-balanced diet.

WITH MEDICINAL PRODUCTS AND OTHER FORMS OF INTERACTION

UROSTAB increases the antiseptics and antibiotics actions in concomitant use.

Urines pH should be controlled if **UROSTAB** is concomitant used with other products containing citrate complex.

PACKAGING

Powder for oral solution in sachet.

10 sachets in a carton box together with a patient information leaflet.

STORAGE CONDITIONS

Store at a temperature below 30°C, in original packaging. Keep out of the reach and sight of children.

SHELF LIFE

2 years

Do not use after the expiry date stated on the blister and carton after EXP. The expiry date refers to the last day of that month.

MANUFACTURER

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