

Preventive Medicine



D-Mannose Complex

DESCRIPTION

D-Mannose Complex supplies 0.9 grams of pure D-Mannose powder per scoop.

FUNCTIONS

D-Mannose is a simple sugar found naturally in fruits such as cranberries and pineapples. It is absorbed slowly from the gastrointestinal tract and unlike many sugars, it is not converted into glycogen or stored in the liver. Much of it is excreted in the urine, where it is thought to promote normal urinary health. Preliminary research indicates that d-mannose may help support proper urinary health by maintaining a healthy environment for the mucosal surfaces of the urinary tract. D-mannose is thought to play important roles by promoting the proper binding and flushing of bacteria from the urinary tract.

INDICATIONS

D-Mannose Complex may be a useful dietary supplement for individuals wishing to support normal urinary tract health.

FORMULA (#99471)

1 scoop contains
d-Mannose 0.9 g

SUGGESTED USE

Adults take 1-3 teaspoons daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

DISTRIBUTED BY

Preventive Medicine
Carol Joy Gardner, D.O.
905 Roosevelt HWY, #210
Colchester, Vt 05446
802-879-6544

REFERENCES

Harrington RD, Hooton TM. Urinary tract infection risk factors and gender. *J Gend Specif Med.* 2000;3:27-34.
Foxman B. Recurring urinary tract infection: incidence and risk factors. *Am J Public Health.* 1990;80:331-3.
Ofek I, Goldhar J, Esltdat Y, Sharon N. The importance of mannose specific adhesins (lectins) in infections caused by *Escherichia coli*. *Scand J Infect Dis Suppl.* 1982;33:61-7.
Herman RH. Mannose metabolism. 1. *Am J Chn Nutr.* 1971;24:-188-98.
Uehling DT. Future approaches to the management of urinary tract infections. *Urol Clin North Am.* 1986 Nov;13(4):749-58.