



## Uromax®



**Improves urinary tract infection & inflammation**

30 Tablets



potent antioxidant.

Vitamin C also affects several components of the human immune system. It has been shown to stimulate both the production and function of leukocytes especially neutrophils, lymphocytes, and phagocytes. Vitamin C boosts immune function.

It is often recommended as a supplement that can prevent UTI by acidification of the urine. This inhibits the growth of bacteria in the urinary tract. In vitro data now suggest that vitamin C can have a bacteriostatic effect in the urine. This effect was shown to be mediated by the reduction of urinary nitrites to reactive nitrogen oxides rather than by lowering urinary pH. Intake of ascorbic acid during pregnancy plays an effective roll in urinary infection prophylaxis.

### Contraindications

No contraindications have been reported to date.

### Pregnancy and Lactation

This product is safe to use by pregnant or lactating women.

Pregnant or lactating women should consult a physician before using this product.

### Interaction

No interaction with other medicinal products has been reported to date.

### Adverse Effects

No adverse effect has been reported to date.

#### References:

- Marcelo Hisano, Homero Bruschini, Antonio Carlos Nicodemo, **Cranberries and lower urinary tract infection prevention**, *Clinics (Sao Paulo)*. 2012 Jun; 67(6): 661–667.
- Jeffrey B. Blumberg, Terri A. Camesano, Aedin Cassidy, **Cranberries and their bioactive constituents in human health**, *Advances in Nutrition*, 2013 vol. 4: 618-632,

### Precautions

Always read the label and use only as directed.

Keep out of reach of children..

### Storage

Keep in a cool (below 25° C) and dry place, away from direct sunlight.

Supplement Facts		
Composition per tablet		RDA%
Cranberry	600 mg	*
Vitamin C	150 mg	*

\*Recommended daily allowance (RDA) not Established.

### Presentation

30 tablets

### Administration

Take one tablet daily with meal.

Marketing Authorization Holder Darman Yab Darou  
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia



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## Ingredients

*Vaccinium macrocarpon*

**Common name: Cranberry**

Cranberries are part of the Ericaceae family. It is one of only three commonly cultivated fruits native to North America. Recent observational and clinical studies have raised interest in the potential health effects of cranberry consumption, an association that appears to be due to the phytochemical content of this fruit. The profile of cranberry bioactives is distinct from that of other berry fruit, being rich in A-type proanthocyanidins (PACs) in contrast to the B-type PACs present in most other fruit. It also composed of fructose and high level of vitamin C. The anthocyanidins and proanthocyanidins (PAC) are tannins (stable polyphenols) found only in vaccinium berries and function as a natural plant defense system against microbes.

Cranberry juice has been the traditional choice of most women seeking to prevent UTIs.

Basic research has suggested a number of potential mechanisms of action of cranberry bioactives, although further molecular studies are necessary.

### Mechanism of action

One important property of *E.coli* is its adherence to the host tissue. Proanthocyanidin content of cranberry prevents *E. coli* bacteria from sticking to the walls of the bladder, where they can cause infection. Without adhesion, the bacteria cannot infect the mucosal surface.

One study measured the levels of anthocyanins and PAC oligomers in urine after the consumption of dried cranberry juice. Experimental studies concerning human anthocyanins absorption after cranberry juice consumption demonstrated that 1 to 5% of the anthocyanins are excreted in

the urine. Peak urinary anthocyanidin concentration is observed 3-6 hours after intake, and urinary excretion is nearly complete within the first 12 hours. They could bind to uropathogenic rectal *E. coli* isolates, thereby rendering them anti-adherent prior to their possible introduction into the urinary tract.

Indeed, they could alter the bacterial selection pressure in the colon to favor nonadherent strain. The biosafety of cranberries has been tested, and no biochemical or hematological alterations were identified.

### Gastrointestinal Health

Cranberry has been evaluated in maintaining gastrointestinal Health. *Helicobacter pylori* is a gram negative bacterium associated with gastrointestinal diseases such as gastric, duodenal, and peptic ulcers, as well as gastric cancer and lymphoma.

In vitro research has evaluated the effect of cranberry on the adhesion of *H. pylori* to human mucus, erythrocytes, and gastric epithelial cells. In China, 170 patients infected with *H. pylori*, were treated with antibiotics for one week with either 250 mL of cranberry juice or placebo twice daily, followed by daily juice or placebo for two more weeks. A control group of 712 patients were treated with antibiotics alone for one week. The eradication rate for females was significantly higher in the cranberry-antibiotic group (95%) compared to both the placebo (80%) and antibiotic groups (83%).

### Vitamin C

Vitamin C, also known as ascorbic acid, is a water-soluble vitamin. Inside the body, vitamin C functions as an essential cofactor in numerous enzymatic reactions, e.g., in the biosynthesis of collagen, carnitine, and catecholamines and as a



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## Improves urinary tract infection & inflammation

Lower urinary tract infections (UTIs) are very common and have been estimated to occur in at least 60% of women at some stage during their lives. Because of their high prevalence, UTIs are a public health concern for high cost of diagnosis and treatment. UTIs are approximately 50-fold more common in adult females than males because women have shorter urethras that allow bacteria to ascend into the bladder. The first step in an infection is the colonization of the periurethral tissues, followed by the passage of bacteria through the urethra. The second step is the adherence of bacteria to the urethra and bladder walls and proliferation. UTIs are caused mainly by Gram-negative bacteria. Indeed, *Escherichia coli* (*E. coli*) accounts for most cases. Treatment usually involves antibiotics, and recurrence is a major concern.

The risk factors that predispose women to recurrent UTIs include genetic, sexual intercourse, abnormalities in the structure of urinary tract, the use of contraception,

antimicrobial resistance, menopause, genetics and bacterial virulence. Women with diabetes may be at higher risk, as well, because their compromised immune systems make them less able to fight off infections like UTIs. Other conditions that increase risk include pregnancy, multiple sclerosis and kidney stones.

Focusing on UTI prevention became a major goal because of their recurrent nature, increasing antimicrobial resistance and medical costs. The current management of recurrent UTIs involves either repeated courses of antibiotics or low-dose, long-term antibiotic prophylaxis. Although effective, these treatments have side effects, such as fungal super-infection (oral or vaginal thrush) and gastrointestinal infections, notably *Clostridium difficile*. Some options to avoid this risk are available, including the use of cranberry products.

### Indications

- Treatment of urinary tract infections
- Prevention of recurrent infections
- Boosts immune system

