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# Biotix

## CRANBIOTIX

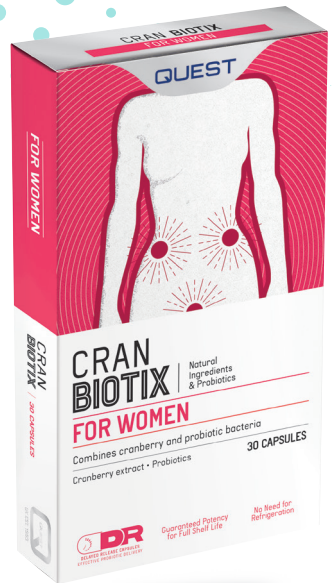
A targeted solution to help prevent and reduce the symptoms of recurring urinary tract infections, bacterial vaginosis and yeast infections

### Nutritional Information

One capsule provides:

Cranberry extract Proanthocyanidins 72mg	240 mg
Lactobacilli Culture Providing 2 billion ( $2 \times 10^9$ ): L.rhamnosus, L.acidophilus, L.casei	36 mg

Take one or two capsules daily with or after a meal.



## SUMMARY

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- A powerful natural combination of probiotics and cranberry extract for recurring urinary tract infections, bacterial vaginosis and yeast infections.
- Proanthocyanidins from cranberry extract stop the adhesion of pathogenic bacteria, such as E.coli, in the urinary tract system.
- Lactobacilli probiotic bacteria compete against pathogenic microorganisms.
- Recommended following a course of antibiotics to stop the reoccurrence of a urinary tract infection or vaginal infection.

## DESCRIPTION

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A specialist probiotic and botanical combination designed for use by sufferers of urinary tract infections, bacterial vaginosis and yeast vaginitis.<sup>21</sup> Each capsules provides 72mg of proanthocyanidins from cranberry extract, a level shown to provide protection against bacterial adhesion and viral activity in the urinary tract. Oral consumption of probiotic bacteria may lead to colonisation of friendly bacteria in the vaginal area to protect against vaginal infections such as bacterial vaginosis, urinary tract infections and yeast infections. CranBiotix may be used in cases of recurring infections to avoid overuse of conventional medications such as antibiotics.

## CRANBERRY EXTRACT

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**Prevention of UTIS:** Cranberry has a well-established role in the prevention of urinary tract infections.<sup>1,22,23</sup> Research suggests that consuming cranberry products may prevent adhesion of certain harmful bacterial strains, thereby interfering with the important initial steps in the infection process.<sup>2,3,4</sup>

**Anti-bacterial and anti-adhesion:** Additional research has also focused on proanthocyanidins, contained in cranberry, as providing the urinary anti-bacterial anti-adhesion properties of cranberry.<sup>5,6,7</sup> A recent study established that a daily intake of 72mg of proanthocyanidins in cranberry extract provided protection against bacterial adhesion and viral activity in the urinary tract.<sup>8</sup>

**Prevention of UTIs in men with BPH:** Men with benign prostatic hyperplasia (BPH) have an increased risk of developing urinary tract infections. Studies suggest that taking concentrated cranberry extract for 60 consecutive days decreases the incidences of developing lower urinary tract infections in elderly men with BHP and can be used for prevention of recurrent infections to avoid some antibiotic use<sup>26</sup>.

**Prevention of UTIs after catheterisation:** Oral supplementation of cranberry extract has been used in one placebo-controlled study for the reduction in symptoms of UTIs after catheterisation following surgical procedures. After 4 weeks of supplementation, those who supplemented with cranberry extract reported a reduction in symptoms compared to the placebo group. The test group also had no reoccurrence of UTIs for the 3 months that followed the study. The study concluded that cranberry extract supplementation is effective at preventing post catheter UTIs and has a tolerability profile<sup>27</sup>.

## PROBIOTIC BACTERIA

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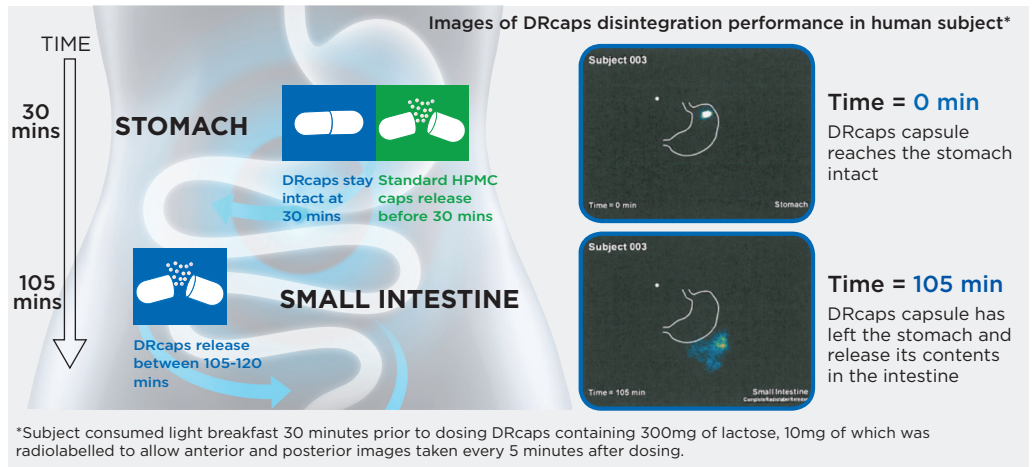
**Vaginal and urogenital health:** Lactobacilli probiotic bacteria play an important role in supporting vaginal and urogenital health and protecting against vaginal infections, such as bacterial vaginosis, urinary tract infections, and yeast infections.<sup>9,10,11,14,20,24,25</sup> Lactobacilli probiotic bacteria are the most prevalent and dominant micro-organisms in the vaginal fluid of healthy pre-menopausal women.<sup>11,12</sup> The presence and concentration of lactobacilli probiotic bacteria in the vagina can be adversely affected by a number of factors, including hormonal levels, the onset of the

menopause, the use of medications, bacterial infections, hygiene, and sexual practices. There is a close association between the absence, or low concentrations, of lactobacilli probiotic bacteria and the occurrence of vaginal and urogenital infections.<sup>9,13</sup>

**Oral consumption benefits:** Research has established that oral consumption of lactobacilli probiotic bacteria can lead to the colonisation of these “friendly” bacteria in the vagina, as they ascend passively from the rectum to the vagina.<sup>14,15,16,17,18,24</sup> In fact oral consumption may have many advantages over direct instillation methods due to the ability of lactobacilli probiotic bacteria to reduce the transfer of yeast and pathogenic bacteria from the rectum to the vagina, thereby lowering the risk of infections. Lactobacilli probiotic bacteria prevent potentially harmful bacteria from establishing in the vagina and urogenital system through a number of mechanisms, including competing against pathogenic bacteria for adhesion space and for nutrients, producing anti-bacterial substances (hydrogen peroxide, lactic acid, bacteriocins) and lowering the pH of the vaginal fluid.<sup>11,19</sup>

## THE ADVANTAGE OF DRCAPS™

DRcaps are designed to delay the release of probiotic bacteria, protecting the probiotics from stomach acidity and allowing the probiotics to be most effective where they need to be - **directly in the intestine.**



## FEATURES

- Combines cranberry extract and lactobacilli probiotic bacteria, L.rhamnosus, L.acidophilus and L.casei.
- With DR Caps, a unique delayed release capsule shell that protects sensitive bacteria from stomach acid.
- Lyophilised, encapsulated and individually sealed to enhance stability.
- Refrigeration is optional.

## HEALTH NEEDS



WOMEN'S HEALTH



PREGNANCY AND FERTILITY



MENOPAUSE

## SCIENTIFIC REFERENCES

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