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FORTE CRAN Sachets

For Men and Women

Nutritional Information

One Sachet (3g) provides:

			*%NRV
D-Mannose	1000	mg	
Potassium citrate	880	mg	
providing potassium	300	mg	15
Cranberry extract (Vaccinium macrocarpon) providing 25% proanthocyanidins	250	mg	62.5mg

*NRV = Nutrient Reference Values
Suitable for vegetarians and vegans. With sweetener. Gluten and lactose free.

Take one to two sachets daily or as directed by your healthcare practitioner.



SUMMARY

- Powerful combination of three active ingredients.
- Proanthocyanidins from cranberry extract and D-mannose stop the adhesion of pathogenic bacteria, such as E.coli, in the urinary tract system and help prevent UTIs.
- Potassium Citrate helps to reduce the acidity of urine and relieves the painful burning sensation associated with UTIs and cystitis.

DESCRIPTION

Forte Cran sachets are a combination of D-mannose, cranberry and potassium citrate. Each sachet contains cranberry standardized extract providing 62.5mg proanthocyanidins, 1000mg D-mannose and potassium citrate. The product is suitable for women and men. Suitable only for adults.

CRANBERRY EXTRACT

Prevention of UTIs: Cranberry has a well-established role in the prevention of urinary tract infections. Research suggests that consuming cranberry products prevents adhesion of certain harmful bacteria strains, thereby interfering with the important initial steps in the infection process.^{3,4}

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. A study established that a daily intake of 62.5 mg of proanthocyanidins in cranberry extract provided protection against bacterial adhesion and viral activity in the urinary tract.⁶

D-MANNOSE EXTRACT

Prevention of UTIs: D-mannose is a type of sugar that can prevent certain bacteria, like E. coli, from sticking to the walls of the urinary tract. When taken orally, D-mannose travels through the digestive system and into the urine, where it can attach to E. coli bacteria. This prevents the bacteria from sticking to the urinary tract lining and allows them to be flushed out through urine, reducing the risk of urinary tract infections (UTIs).¹ A meta-analysis of studies suggests that D-mannose may have a protective effect against UTI recurrence when compared with no prophylaxis and may be similarly effective to prophylactic antibiotics.⁷

POTASSIUM CITRATE EXTRACT

Reduces acidity of urine: Potassium citrate reduces the acidity of urine.⁵ Potassium citrate works by increasing the pH level of urine, making it less acidic. This helps to relieve the painful 'burning' of cystitis and the symptoms of other minor urinary tract infections. It works by making the urine less acidic and so reduces irritation when urinating.

Prevention of kidney stones: Potassium citrate can help prevent the formation of kidney stones by reducing the concentration of calcium oxalate and uric acid in the urine, which are common components of kidney stones. Additionally, potassium citrate can help dissolve existing kidney stones and prevent new ones from forming by inhibiting the crystallization of minerals in the urine.²

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING CRAN FORTE SACHETS?

Forte Cran is intended for use by adults who wish to prevent their UTIs and reduces acidity of urine and is not suitable for:

- Pregnant & breast-feeding women, unless advised by their healthcare practitioner.
- Patients with major health problems.

Consult your doctor or pharmacist before taking Forte Cran Sachets in such case(s). This product is not intended for the prevention, treatment, or cure of any human disease. Do not exceed the stated recommended daily dose.

Keep out of reach of children. Store in a cool, dry place.

HOW SHOULD CRAN FORTE SACHETS BE TAKEN?

Dissolve one sachet in glass (200ml) of cool water. Consume up to two sachets daily or as directed by your healthcare practitioner.

FEATURES

- Helps to reduce the acidity of urine.
- Helps to inhibit bacterial adhesion to the urothelium.
- Help to kidney stones; conditions caused by high uric acid levels.
- Suitable for vegetarians
- Suitable for vegans
- Gluten-free
- Lactose-free

HEALTH NEEDS



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SCIENTIFIC REFERENCES

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