Helps maintain optimal urinary tract function for women and men

Provides a natural antibacterial effect to improve and prevent urinary tract infections (UTI)

Reduces acute and chronic irritation and inflammation of the urinary tract

UT Synergy is designed to help maintain optimal urinary tract function. A blend of nutrients, botanicals, and nutraceuticals have been combined in order to limit inflammation and tissue irritation. This synergistic formula can provide a natural alternative or complimentary therapy for mild acute and chronic urinary tract infections.

Featuring UTIrose™ - an innovative solution against UTI

UTIrose™ is a unique, new compound designed specifically for urinary tract infections. UTIrose™ is a patented extract of the hibiscus species, *Hibiscus sabdariffa*. The rose refers to Roselle—the other name of Hibiscus. UTIrose™ is high in certain organic acids and polyphenols, especially flavonoids and proanthocyanidins.

It is these compounds that give UTIrose™ its antimicrobial (especially against E. coli and C. albicans) and bacterial anti-adhesive properties. In comparisons with standard cranberry extract UTIrose™ showed better antimicrobial activity and much better activity against C. albicans.

In an in-vivo study, patients receiving 200 mg daily of UTIrose™ experienced a 57% reduction in urinary tract infections after 3 months and a 77% reduction in urinary tract infections after six months of use.

**Uva Usci and Nettles**

Uva ursi has been approved by the German commission E for the treatment of urethritis. Uva ursi contains arbutin and methyl-arbutin, which act as natural antimicrobials. Uva ursi and nettles have a mild diuretic effect, which helps to flush out the kidneys and reduces potential for infection.

**Horsetail and Parsley**

Horsetail and parsley have well established antibiotic properties against common UTI-related bacterial strains. They reduce mucosal inflammation and they have been approved by the German Commission E for the treatment of edema and kidney stones.
Aloe Vera
Aloe acts as a mucilaginous herb, providing a soothing and healing effect on the genitourinary mucosal lining. Aloe has also been demonstrated to cover receptor sites on common pathogens causally related to UTI, reducing their ability to bind to local tissues and initiate infection.

D-Mannose
The carbohydrate D-Mannose enhances the removal of bacteria from the urinary tract and bladder by binding to bacterial receptor sites, blocking their adhesion to the mucosal walls. This allows for more efficient removal of the bacteria and a reduction in the pathogen’s ability to establish an active infection.

D-Mannose is the active component in cranberry, which is often used in the treatment of urinary tract infections. As a result of consultation with leading urologists, cranberry and vitamin C, often used in urinary tract infections, were specifically not used in UT Synergy due to the strong acidifying action of these substances. This acidifying action often has negative effects, including blocking the action of the uva ursi in the formula and causing pain and irritation of the bladder lining in patients with interstitial cystitis and urethral syndrome. While cranberry and vitamin C may be appropriate in younger women with uncomplicated UTI, peri-menopausal and menopausal women with chronic infection can often be exacerbated and irritated by the acidifying effect of cranberry extract and vitamin C.

Please add these substances separately into your therapeutic protocol in younger women if you wish. However, UT Synergy does contain the active main ingredient in cranberry for UTI, D-Mannose.

Vitamin B6
B6 (pyridoxyl-5-phosphate) provides a mild diuretic effect and has been shown to help prevent the formation of kidney stones.

References:
14. Muangman V. et Al., The usage of medicinal herbs in diseases of urinary system; Thai J urol, 1984; 8:7-12.