






QUICK REFERENCE GUIDE

AZO®

D-Mannose



Product Name & Description	AZO® D-Mannose Urinary Tract Health
Indications	Proactive, daily approach to help protect the urinary tract.*
Active Ingredient	D-mannose
Clinical Trials	In a gold standard clinical trial ² , 2000mg of D-mannose significantly reduced UTI recurrence (rUTIs). Additional clinical studies at 1.5 and 3 grams have supported that daily use of D-mannose can significantly reduce rUTIs. ^{1,3}
Mechanism of Action	D-mannose helps to inhibit <i>E. coli</i> adhesion in the urinary tract. ⁴
Dosage and Administration	2000mg D-mannose per serving. Take 4 capsules per day with water or chew 4 gummies.
Where to Buy	    

1 Domenici, et al. (2016). "D-mannose: a promising support for acute urinary tract infections in women. A pilot study." *Eur Rev Med Pharmacol Sci* 20(13): 2920-2925.

2 Kranjcec, B., D. Papes and S. Altarac (2014). "D-mannose powder for prophylaxis of recurrent urinary tract infections in women: a randomized clinical trial." *World J Urol* 32(1): 79-84.

3 Porru, et al. (2014). "Oral D-mannose in recurrent urinary tract infections in women: A pilot study." *Journal of Clinical Urology* 7(3): 208-213.

4 Schaeffer, et al. (1984). "Mannose-sensitive adherence of *Escherichia coli* to epithelial cells from women with recurrent urinary tract infections." *J Urol* 131(5): 906-910.

AZO® is a trademark of DSM.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.