

# d-Mannose powder

# **INTRODUCED 2004**

# What Is It?

d-Mannose is a simple sugar found naturally in cranberries, pineapple, and other plant sources. It is metabolized in small amounts, the remainder of which is excreted via the urine.\*

# **Uses For d-Mannose**

**Urinary Tract Support:** As it is flushed out of the body, d-mannose maintains a healthy environment for the mucosal surface of the urinary tract.\*

#### What Is The Source?

The source of d-mannose is birch/beech wood hydrolysate.

# Recommendations

Pure Encapsulations recommends 1/2 teaspoon 3 times per day, mixed with water, with or between meals. Each container of d-mannose provides a 1/2-teaspoon scoop.

# Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Although it is a simple sugar, very little d-mannose is actually metabolized. Therefore, it does not interfere with blood sugar regulation even for diabetics, though close monitoring is always advised.

# **Are There Any Potential Drug Interactions?**

At this time, there are no known adverse reactions when taken in conjunction with medications.

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