

Cranio D

**500mg + 9mg Capsule
(D Mannose + Cranberry)**

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist.

What is in this leaflet:

1. What Cranio D is and what it is used for
2. What you need to know before you take Cranio D
3. How to take Cranio D
4. How to store Cranio D
5. Contents of the pack and other information

1. What Cranio D is and what it is used for

D-Mannose + Cranberry is a dietary supplement that combines two natural ingredients to support urinary tract health. D-Mannose is a simple sugar found naturally in some fruits, including cranberries. It is believed to help maintain a healthy bladder lining and reduce the ability of bacteria to adhere to the bladder wall. Cranberry extract, meanwhile, provides antioxidant protection and has been found to help reduce the risk of urinary tract infections. This supplement can be used to support urinary tract health and help reduce the risk of recurrence of urinary tract infections.

CRANIO D is indicated to help prevent recurrent urinary tract infections (UTIs) and associated symptoms: painful urination (dysuria), frequent urination, urgency, and suprapubic (pelvic) pain, when used daily. It is also a source of antioxidants.

Urinary Tract Infections UTIs are very common infections that affect any part of the urinary system, which is made up of your kidneys, ureters, bladder, and urethra. Most UTIs are caused by bacteria from the digestive tract, such as E. coli, which are responsible for approximately 90% of UTI causes, but some are caused by fungi and in rare cases by viruses. Although some bacteria are flushed away when you urinate, some will attach to the wall of your urethra or bladder, and once attached, they can quickly multiply into an infection. Left untreated, the infection can move from the bladder to the kidneys and do even more harm.

How does Cranio D Work?

CRANIO D is formulated with two active ingredients, DMannose, and Proanthocyanidins (PACs). D-Mannose is a naturally occurring sugar similar in structure to but metabolized differently from, glucose so that it does not negatively impact glycemic (blood sugar) control. PACs are a type of polyphenol, a plant-based micronutrient full of antioxidants. It can be found in many fruits, but cranberries have an especially high concentration of PACs. The PACs in CRANIO D are sourced from cranberries. Each ingredient binds to two different types of receptors or anchoring sites (surface proteins) called pili found on the surface of bacteria. The pili normally help E. coli bacteria to firmly attach themselves to the cells in the urinary tract, making it very difficult for your body to naturally flush the bacteria from the urinary tract. By targeting and binding to these two different types of pili proteins, CRANIO D prevents bacteria from attaching themselves to the lining of your urinary tract. The bound bacteria CRANIO D compound is then flushed out naturally with normal urination. It's really that simple!

CRANIO D targets bacteria introduced in the bladder and urinary tract system.

CRANIO D binds to two different types of receptors on the bacteria's surface to reduce the possibility of them adhering to the bladder, kidneys, or urinary tract.

Bacteria bound to CRANIO D are flushed out during urination.

2. What you need to know before you take Cranio D

Before taking Dmannose + cranberry, it is important to speak to your doctor or pharmacist. This is especially important if you have any existing medical conditions, are taking any other medications, or are pregnant or breastfeeding. You should also inform your doctor or pharmacist if you are allergic to any of the ingredients in the product.

Warnings and precautions

Consult a health care practitioner prior to use if you have ever had kidney stones, are currently pregnant or breastfeeding, or are currently taking blood thinners. Consult a health care practitioner if you have fever, painful urination, spasms, blood in the urine, or if symptoms worsen or persist. Keep out of reach of children.

3. How to take Cranio D

D Mannose + Cranberry is typically taken in capsule form Adults & adolescents: Preventive treatment for recurrent urinary tract infections: 4 capsules daily. Use for at least 4 weeks and up to 6 months to see the beneficial effects

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via pv@searlecompany.com

4. Contraindications:

Individual hypersensitivity to any of the ingredients

5. How to store Cranio D

Protect from sunlight, moisture and heat.
Do not store and transport above 25°C.
Keep out of sight & reach of children.

Manufactured by:

The Searle Company Limited,
Searle Healthcare
F-319, S.I.T.E., Karachi-Pakistan.

Product Enlistment Number: 1163890609

Company Enlistment Number: 01163

SPL/PIL-CRD.C/1222-000(001)