

**PACKAGE LEAFLET: INFORMATION FOR THE USER**

**SCHEDULING STATUS: S0**

**PROPRIETARY NAME (and dosage form): ALPHA Urinary Tract Infection Effervescent Tablets 10's**

**ACTIVE INGREDIENTS:**

Each effervescent tablet contains: mg \*%NRV

Vaccinium Macrocarpon (Cranberry) (Berry, as 150mg standardised to a 4:1 extract) 150 mg \*\*

D-Mannose 1500 mg \*\*

\*NRV (Nutrient Reference Values)

Contains Sweeteners: Sucralose 25mg per effervescent tablet

Excipients: Cranberry flavour (150mg), proprietary effervescent blend (2678mg)

The proprietary effervescent blend consists of Citric acid, Sodium bicarbonate, Isomalt, Polyethylene glycol and Silicon dioxide.

Complementary Medicine, Health Supplement

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use

Read all of this leaflet carefully because it contains important information for you.

Keep this leaflet. You may need to read it again.

ALPHA Urinary Tract Infection is available without a doctor's prescription, for you to maintain your health.

Nevertheless, you still need to use ALPHA Urinary Tract Infection carefully to get the best results from it.

Do not share ALPHA Urinary Tract Infection with any other person.

Ask your healthcare provider or Pharmacist if you need more information or advice.

What is in this leaflet?

1. What ALPHA Urinary Tract Infection is, and what it is used for
2. What you need to know before you take ALPHA Urinary Tract Infection
3. How to take ALPHA Urinary Tract Infection
4. Possible side effects
5. How to store ALPHA Urinary Tract Infection
6. Contents of the pack and other information

1. What ALPHA Urinary Tract Infection is, and what it is used for

ALPHA Urinary Tract Infection contains Cranberry Extract and D-Mannose as active ingredients and is designed to assist in combatting and alleviating urinary tract infections.

**Cranberry Extract**

Cranberries contain substances which prevent pathogenic bacteria from adhering to the cells of mucous membranes. In particular, they may help to prevent and treat urinary tract infections by preventing pathogenic bacteria from adhering to the cells lining the urinary tract and the bladder.

**D-Mannose**

D-Mannose is a form of monosaccharide sugar which binds to certain bacteria thereby preventing them from being able to attach to the mucous membranes and causing disease. It is also an important factor in other disease preventing and immune system supportive processes, as well as the healthy formation of proteins and cell membranes. It can be produced in the body by conversion from glucose and may, in turn, be used to form glucose when needed.

2. What you need to know before you take ALPHA Urinary Tract Infection

Do not take ALPHA Urinary Tract Infection:

if you are hypersensitive (allergic) to Cranberries, D-Mannose or any of the other ingredients of ALPHA Urinary Tract Infection (listed in section 6).

Consult your Doctor or healthcare provider before taking ALPHA Urinary Tract Infection if you are currently or have previously suffered from kidney stones.

Consult your Doctor or healthcare provider before taking ALPHA Urinary Tract Infection if you suffer from one of the (very rare) Congenital Glycosylation Disorders (CGD).

**Warnings and precautions**

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

Vitamin supplements should not replace a balanced diet.

Important information about some of the ingredients of ALPHA Urinary Tract Infection:: ALPHA Urinary Tract Infection contains D-Mannose which may have an effect on the control of your blood sugar if you have diabetes mellitus. If you suffer from Diabetes, consult your healthcare provider before taking ALPHA Urinary Tract Infection.

**Other medicines and ALPHA Urinary Tract Infection**

Always tell your healthcare provider if you are taking any other medicine.

Important information about some of the ingredients of ALPHA Urinary Tract Infection: Some of the constituents of Cranberries and Cranberry Extract may interfere with anti-coagulant medication (such as warfarin).

Consult your doctor or pharmacist prior to using ALPHA Urinary Tract Infection if you are using any anti-coagulants.

**ALPHA Urinary Tract Infection with food**

No interactions are known.

**Pregnancy and breastfeeding**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your Doctor, Pharmacist or other healthcare provider for advice before taking this medicine.

Safety in pregnancy has not been established.

3. How to take ALPHA Urinary Tract Infection

Do not share medicines prescribed for you, with any other person.

Take ALPHA Urinary Tract Infection exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

**Dosage and Directions for use**

Adults and Children over 1 year of age: For maintenance take ONE effervescent tablet daily after a meal or as prescribed by your Doctor or Pharmacist. (Dissolve tablet in a glass of water and drink).

In the event of a Urinary Tract Infection, VISIT YOUR DOCTOR AT THE EARLIEST POSSIBLE OPPORTUNITY to prevent further, serious complications. For immediate relief, use up the entire contents of one tube (10 effervescent tablets) within three days.

If you take more ALPHA Urinary Tract Infection than you should you may experience diarrhoea.

In the event of overdose, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take ALPHA Urinary Tract Infection, do not take a double dose to make up for forgotten doses.

4. Possible side effects

ALPHA Urinary Tract Infection can have side effects.

Not all side effects reported for ALPHA Urinary Tract Infection are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ALPHA Urinary Tract Infection, please consult your healthcare provider for advice.

If any of the following happens, stop taking ALPHA Urinary Tract Infection and tell your doctor:

· swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,

· Rash or itching.

· Diarrhoea, upset stomach, nausea, vomiting

· Continued pain or burning on urination

· Signs of kidney stones including severe one-sided back pain, spreading to your lower stomach and groin

5. How to store ALPHA Urinary Tract Infection

Store all medicines out of reach of children.

· Store in a cool, dry place below 25°C .

· Keep lid firmly closed to exclude moisture

· Use within 30 days of opening.

6. Contents of the pack and other information

What ALPHA Urinary Tract Infection contains

· The active substances are Cranberry extract (Vaccinium Macrocarpon (Berry, as 150mg standardised to a 4:1 extract) and D-Mannose (1500mg)

· The other ingredients are Sucralose (25mg), Cranberry Flavour (150mg) and an effervescent blend (2678mg) consisting of Citric acid, Sodium bicarbonate, isomalt, polyethylene glycol and silicon dioxide.

What ALPHA Urinary Tract Infection looks like and contents of the pack

· White, cylindrical effervescent tablet.

· 10 effervescent tablets in a polypropylene tube.

**Applicant**

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www.alphapharm.co.za