

# FEMANNOSE<sup>®</sup> N D-MANNOSE

For the prevention and adjuvant treatment of cystitis (bladder inflammation) and other uncomplicated urinary tract infections

## Single-dose sachet

### What the medical device Femannose<sup>®</sup> N is and what it is used for

#### 1. Mechanism of action

Cystitis (bladder inflammation) and related illnesses are microbial diseases that mainly affect the bladder and the urethra. In most cases, they are due to the invasion of non-pathogenic bacteria resident in the microflora in the lower gastrointestinal tract, if these bacteria find conditions that allow them to attach to and grow on the bladder wall and in the urinary tract. These conditions most commonly occur in young women, during pregnancy, and during peri- and post-menopause, but also sometimes in older men or patients receiving a catheter. Antibiotics are currently the first medication of choice for treating cystitis. However, many bacteria are resistant, and the infection can re-occur.

Femannose<sup>®</sup> N is a medical device indicated for the prevention and adjuvant treatment of cystitis and other uncomplicated, bacterial urinary tract infections (UTIs). D-mannose can alleviate the most common symptoms of lower urinary tract infections (burning feeling when urinating, frequent urinating, urge to urinate, etc.) if these are caused by *Escherichia coli* bacteria.

D-mannose is an epimer of glucose that effectively prevents pathogens from attaching to the epithelium of the urinary tract, and can therefore suppress the accumulation of microbes that enter the urogenital tract. This diminishes the virulence or ability to attach to the urinary tract tissue, and helps to prevent infections from "physically" recurring.

In combination with antibiotics, the medical device Femannose<sup>®</sup> N for the prevention or adjuvant treatment of cystitis and other uncomplicated, bacterial urinary tract infections can have a synergistic effect, as it has a different anti-microbial mode of action that does not overlap. In particular, the components of Femannose<sup>®</sup> N do not contribute to the building of resistance.

#### 2. Composition

Each single-dose sachet contains:

##### 2 g D-mannose

Excipients: sweeteners: fructose, sucralose; citric acid; colour: beetroot; separating agents: silicon dioxide; flavouring.

#### 3. Packs

Packs of 14, 30 and 60 x 4.0 g single-dose sachets.

#### 4. Dose and directions for use:

For adults and children over 14 years of age.

The recommended dose for the prevention of cystitis is one single-dose sachet a day.

The following dose is recommended as adjuvant treatment for cystitis:

Day	Number of single-dose sachets per day
Day 1 to 3	3
Day 4 to 5	2

Doses should be distributed across the day. We recommend taking the product between meals.

Dissolve the contents of one single-dose sachet in a glass of water. We recommend drinking at least two litres of water a day to encourage urination. Continue taking for one month to prevent recurrence of the infection.

#### 5. Undesirable effects

Special tests have shown that the components of Femannose<sup>®</sup> N are harmless, fully biocompatible and well tolerated. No side effects were observed at the dose required for adjuvant treatment other than isolated intolerance that can lead to nausea, flatulence and soft stool. If the symptoms persist, consult your doctor.

#### 6. Interactions with food supplements and medications

There are no known interactions of the components of Femannose<sup>®</sup> N with food supplements. However, food supplements including vitamins, nutrients, herbal and homeopathic medicines should generally be taken at least two hours before or after using Femannose<sup>®</sup> N.

Interactions with medications: Taking Femannose<sup>®</sup> N at the same time as antibiotics does not affect their efficacy. The anti-adhesive effect produced by taking Femannose<sup>®</sup> N does not lead to resistance.

Mannose is not metabolised, and therefore has no interaction with other substances.

## 7. Storage

Keep Femannose® N in a dry place away from direct heat and light. Do not open the sachet until you are about to use it. Store the product below 25°C.

## 8. Warnings and precautions

Only use Femannose® N after consulting your doctor or pharmacist.

Femannose® N as a medical device is not a substitute for antibiotic treatment of urinary tract infections.

Do not use Femannose® N if you have known hypersensitivity such as allergies or intolerance to one of the components.

During pregnancy and breastfeeding, we recommend using the product only after consulting your doctor. The product must not be used by children under the age of 14.

Do not exceed the recommended dose!

If the symptoms have not noticeably improved after three days, stop taking the product and consult a doctor.

Keep out of reach of children.

Do not take Femannose® N for longer than 30 days. If the symptoms continue to persist, consult your doctor.

Each single-dose sachet is intended for single use and should only be opened shortly before use.

## 9. Expiry date

Do not take the product after the expiry date printed on the packaging. The expiry date refers to the product stored in the intact packaging.

## 10. Disposal

Expired products must be disposed of in accordance with local environmental regulations. Do not dispose of the product and its packaging in the environment.

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## Available exclusively in pharmacies

## Customer service Germany

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Your opinion is important to us! Please take 5 minutes to complete the survey at the following link or by scanning the QR code. This will allow us to assess your satisfaction with the product.

[www.siiit-pms.com/femannose-N-DE](http://www.siiit-pms.com/femannose-N-DE)



 <sup>25°C</sup> Storage conditions



 Medical device  
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## Distribution

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**Vegan**