

## AB-CYSCARE

**Probiotic formula with lactic acid bacteria and cranberry extract for treating and preventing recurrent urinary tract infections (UTI) such as cystitis.**



### THE SCOPE

Cystitis is a bladder infection causing abdominal pain, bloody urine and fever. Most urine infections are due to bacteria that come from patient's own bowel, which are transferred to the vaginal cavity and urinary tract by several causes (cleaning, sexual practice, migration etc.).

Cystitis presents a high prevalence in women of any age: **up to 40 to 50% of women will experience at least one episode of cystitis.** Despite its predominance as a women's health issue, it can also affect men. The principal treatments for cystitis are **antibiotics** like fosfomycine, nitrofurantoin, and trimethoprim/sulfamethoxazole. The treatment with antibiotics equally **affects both uropathogens bacteria and commensal bacteria, disrupting the normal flora in both urogenital and gastrointestinal tracts.**

**Innovative Approach:** Some studies have reported that **pathogens involved in the UTIs have their origin in the intestinal tract** and that recurrent cystitis can be attributable to relapses due to the incomplete elimination of the previous infectious agent (e.g. due to incomplete efficacy of antibiotic treatment) or new reinfections by the same or other agents. Colonic flora has been stated to be the reservoir for these strains causing infection relapses. Thus, a condition disturbing normal flora both in gut and vaginal environment (e.g. cystitis antibiotic treatment) may lead to an increase of opportunistic infections causing higher risk of both acute and recurrent cystitis.

AB-Cyscare is not only capable of inhibiting the most common uropathogens (*Proteus mirabilis*, *Escherichia coli* and *Klebsiella pneumoniae*) but also *Staphylococcus saprophyticus*, a pathogenic species that is resistant to the common urogenital probiotics and to the most used antibiotics.

## THE PRODUCT

*Lactobacillus plantarum* CECT 8675

*Lactobacillus plantarum* CECT 8677

Patented probiotic strains by EP15382051

AB-Cyscare probiotic strains have been selected to achieve an optimal performance against the microbial agents of urinary tract infections in order to both prevent and treat cystitis.

## THE EVIDENCE

### PROBIOTIC Strains

- Vaginal colonization (to difficult infections)
- Antagonistic activity to the most common pathogens in urinary tract infections
- Co-administration with fosfomicin

### Vitamin C

- Acidifies urinary tract environment (to difficult pathogens proliferation)
- Boosts immune response against uropathogens

### Cranberry Extract

- Antiadhesion activity against E.Coli
- Reduction of recurrent UTI
- Symptomatic relief

## KEY POINTS

- AB-CYSCARE allows its administration with the current antibiotics treatments commonly administrated during cystitis episode, especially fosfomycin, first-line antibiotic treatment.
- AB-CYSCARE provides synergic effects from each of the three ingredients.
- Wide range of antagonism.