

Cranlife tablets

Cranberry extract chewable tablets



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Cranlife.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

In this leaflet:

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

1. WHAT CRANLIFE IS AND WHAT IT IS USED FOR

Cranlife is a food supplement, made with concentrated cranberry extract. The active ingredients in the extract have anti-adhesive properties, which means they prevent the E.Coli bacteria, the biggest cause of urinary tract infections, from attaching to the cells that line the urinary tract where they can multiply. Cranlife can therefore be used for prevention of urinary tract infections or as treatment for a beginning urinary tract infection.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CRANLIFE

Do not take Cranlife if:

- You are allergic to 'vaccinium' species or any other ingredients of Cranlife (listed in section 6).

Warnings and precautions

Talk to your doctor or pharmacist before taking Cranlife if:

- You have poor kidney function or high tendency of renal stone formation
- you are pregnant or breast-feeding
- you have a stomach disorder
- you feel continued pain or burning when you urinate
- You are taking medicines to thin your blood (anticoagulants such as warfarin).
- You are allergic to aspirin

Cranlife contains sorbitol

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this product.

Other medicines and Cranlife

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, including anticoagulants (such as warfarin) and any medicines obtained without a prescription. Your dosage may need to be adjusted.

Pregnancy & breast-feeding

If you are pregnant or breast-feeding, or think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this product. The effects of taking Cranlife during pregnancy and breast-feeding are not known. Consequently, Cranlife is not recommended during pregnancy and breast-feeding.

3. HOW TO TAKE CRANLIFE

Always take Cranlife exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Cranlife is not recommended for use in children (below the age of 12).

Dosage

For prevention:

1 tablet daily for 30 days (unless otherwise advised by your doctor or pharmacist).

For treatment:

2 tablets daily for 15 days (unless otherwise advised by your doctor or pharmacist).

Do not exceed the recommended daily dosage.

The chewable tablet must be chewed before you swallow it. Free from alcohol, artificial colors and gluten.

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

If you take more Cranlife than you should

If you may have taken more Cranlife than you should, talk to your doctor or pharmacist immediately. If you take an excessive amount of this product, there's risk at a cranberry extract overdose, although it's unlikely to cause any serious harm. Some symptoms of overdose are nausea, diarrhoea, vomiting and an upset stomach. If you experience one of these symptoms after taking too much Cranlife, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Cranlife

If you miss a dose of Cranlife, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Cranlife can cause side effects, although not everybody gets them. If you feel ill after using Cranlife, or you notice any unusual or unexpected symptoms, talk to your doctor, pharmacist or nurse or go to the nearest hospital.

The following common side effects have been reported:

- Upset stomach
- Nausea, vomiting and diarrhoea

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE CRANLIFE

Keep Cranlife out of the reach of children.

Do not use Cranlife after the expiry date which is printed on the carton and the label.

The expiry date refers to the last day of the month.

Store at room temperature away from moisture and heat.

Do not store Cranlife above 25°C. Do not freeze.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Cranlife contains:

30 chewable tablets

THE ACTIVE INGREDIENTS:

Cranlife tablets	Per tablet
Cranberry extract (Cranmax®)	500 mg
Vitamin C	100 mg

Cranberry extract Cranmax® powder (contains guar gum & sunflower lecithin), Ascorbic acid (Vitamin C).

Other ingredients:

Sweetener: Xylitol, Sorbitol, Bulking agent/Sweetener: Mannitol, Lubricant/Coating agent: Compritol, Binding agent/Coating agent: Klucel Nutra D (hydroxypropyl cellulose), berry blend