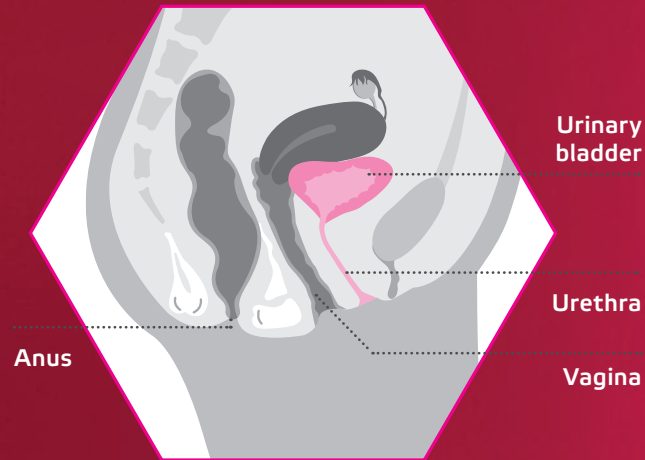


The bladder in focus

The female anatomy differs substantially from the male anatomy due to the proximity of the urethra, vagina and anus, as well as the significantly shorter urethra.



Hormonal fluctuations, for example during the menstrual cycle, pregnancy, or during the menopause, can affect mucous membranes and change the natural functioning of the bladder and urinary tract. External factors can also have a negative impact on the urinary tract, for example poor intimate hygiene, tight-fitting synthetic clothing, or insufficient fluid intake.

For women, a healthy bladder plays a crucial role in general well-being, and therefore requires particular attention.

Tips for a healthy bladder



Get plenty of exercise and try to reduce stress as much as possible. This will help your immune system.



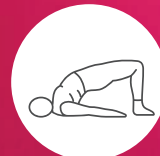
Avoid alcohol and nicotine. These substances can irritate the bladder. Caffeine, hot spices, and citrus fruit can also sometimes have the same effect.



Drink plenty of fluids, preferably water or unsweetened herbal tea. Good hydration helps to flush out the bladder regularly.



Be sure to use suitable and mild products for your intimate hygiene. Healthy vaginal flora forms a protective barrier against microorganisms.



Strengthen your pelvic floor. Pelvic floor exercises strengthen the muscles in the lower abdomen including the muscles controlling the bladder outlet.

Do I need it or not?



Information about the bladder

Find out more at femannose.de

FEMANNOSE® F – Drinking granules for the bladder*

- With lingonberry extract for the urinary tract and bladder*
- With 2 g D-mannose (per sachet)
- Well tolerated
- Can be used during pregnancy and when nursing**
- Vegan, free of lactose, gluten and preservatives

NOW EVEN
PINKER AND
FRUITIER



Recommended intake

Dissolve the contents of a sachet in a glass of water (200 mL). Adults and children aged 14 and over can take 1–3 sachets a day.

* Lingonberry extract supports the urinary tract and bladder function (at least 3 sachets a day).

** In consultation with your doctor.

FEMANNOSE® E – Tablets for the bladder*

- With lingonberry extract for the urinary tract and bladder*
- With 2 g D-mannose (2 tablets)
- Well tolerated
- Can be used during pregnancy and when nursing**
- Free of lactose, gluten and preservatives

AS A
TABLET



Recommended intake

Adults and children aged 14 and over can take 2–6 tablets a day. We recommend taking the tablet with a glass of water.

* Lingonberry extract supports the urinary tract and bladder function (at least 3 tablets a day).

** In consultation with your doctor.

The power of lingonberries

Lingonberries have been prized for their health-promoting for centuries. Similar to their north American relative the cranberry, the native, bright red berries contain valuable proanthocyanidins. Among the many other benefits of lingonberries, new research has shown they also have antioxidant effects.¹ This means the lingonberry extract contained in **FEMANNOSE®** can help maintain urinary tract and bladder function.



D-Mannose: a monosaccharide

D-mannose is a sugar that the body produces in small amounts. This natural sugar does not play a significant role in glucose metabolism and is well-tolerated. The D-mannose used in **FEMANNOSE®** is extracted from non-genetically modified corn via the intermediate glucose stage.

¹ Kostka T et al. Antioxidants 2022; 11(3): 467.