

# UTipurē Effervescent Granules

## Urinary Alkalinizer

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### COMPOSITION:

#### Each 4g sachet contains:

Sodium bicarbonate	1,760 mg
Sodium citrate anhydrous	630 mg
Citric acid anhydrous	720 mg
Tartaric acid	890 mg

Also contains lime flavor.

### DESCRIPTION:

Appearance of powder: White to off-white granular powder with odour of lime flavour

Appearance of solution: Clear to slight haze solution with odour of lime flavour

### PHARMACOLOGY:

Sodium bicarbonate acts as urinary alkalinizer by increasing the excretion of free bicarbonate ions in the urine, thus effectively raising the urinary pH. By maintaining alkaline urine, the actual dissolution of uric acid stones may be accomplished.

#### Sodium Citrate and Citric Acid:

A rise in urinary pH increases the solubility of cysteine in the urine and the ionization of uric acids to more soluble urate ion. By maintaining alkaline urine, the actual dissolution of uric acid stones may be accomplished.

Tartaric acid in combination with bicarbonates acts as the acid component of effervescent granules.

### PHARMACOKINETIC:

Sodium citrate is metabolized to bicarbonates, which increases urinary pH by increasing the excretion of free bicarbonate ions, without producing systemic alkalosis when administered in recommended doses. Sodium bicarbonate is excreted through renal and also via lung by forming CO<sub>2</sub>. Sodium citrate, citric acid and absorbed tartaric acid are excreted through urine.

### INDICATIONS:

- For relieving discomfort in mild urinary tract infections (UTI).
- For symptomatic relief of dysuria (painful or difficult urination).
- To enhance the action of certain antibiotics, especially sulphonamides.
- For prevention of urates crystallization in gout therapy.

### DOSAGE AND ADMINISTRATION:

4g to 8g (1 to 2 sachets) dissolved in cold water four times daily for 5 days or as directed by the physician.

### CONTRAINDICATIONS:

- Renal failure or hypernatremia.
- Concurrent hexamine mandelate or hexamine hippurate therapy.
- Caution is advised in overt and occult cardiac failure.
- Concomitant use of urinary alkalinizers and quinolone antibiotics should also be avoided because crystalluria may be more likely to occur in alkaline urine.

**PRECAUTIONS/WARNINGS:**

Those on a low sodium diet should take into account of the sodium content (650mg per sachet) of this product.

**DRUG INTERACTIONS:**

Alkalinization of the urine due to the use of UTIpure, theoretically, may result in a decreased therapeutic effect of the following medications: chlorpropemide, lithium, salicylates and tetracyclines. Alternatively, alkalinization of the urine due to the use of UTIpure, theoretically, may result in an increased therapeutic effect of the following medications: amphetamines and ephedrine/pseudoephedrine.

**Antacid:** Concurrent use of antacids with sodium citrate and sodium bicarbonate may promote the development of calcium stones in patients with uric acid stones and may also cause hypernatremia. Concurrent use of aluminium-containing antacids with salts can increase aluminium absorption, possibly resulting in acute aluminium toxicity, especially in patients with renal insufficiency.

**Quinolones:** Citrates may reduce the solubility of ciprofloxacin, norfloxacin or ofloxacin in the urine. Patients should be observed for signs of crystalluria and nephrotoxicity.

**Laxatives:** Concurrent administration of citrates with laxatives may have an additive effect.

Hexamine hippurate/mandelate (inactive) is hydrolysed to formaldehyde (active) in acidic urine. Urinary alkalinization prevents the formation of formaldehyde and thus reduces the antibacterial effect of hexamine.

**PREGNANCY:**

Effects of this product on pregnant women have not been carried out.

**NURSING MOTHERS:**

Caution should be exercised when administered to a nursing mother.

**SIDE EFFECTS/ADVERSE REACTIONS:**

The tartrate component of UTIpure may be incompletely absorbed. Because of this UTIpure may exert a mild laxative effect. Prolonged and excessive use may cause a systemic alkalosis and/or hypernatremia.

**OVERDOSAGE:**

Overdosage may result in metabolic alkalosis. UTIpure should be discontinued, appropriate treatment instituted and electrolyte and acid-base determinations should be carried out.

**PACK SIZE:**

Effervescent granules, 4g per sachet. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 14, 15, 16, 18, 20, 24, 28, 60, 80, 100, 120, 144 sachets per pack.

**STORAGE CONDITION:**

Store below 30°C.

**PRODUCT REGISTRATION HOLDER:**

Live-well Nutraceuticals Sdn Bhd (711077-D)  
22-1, Jalan PJU5/20D, The Strand, 47810 Kota Damansara, Selangor D.E., Malaysia.  
Live-well INFOLine: 603-6142 6570 (Mon-Fri; 9am – 5pm)  
Email: info@livewell2u.com

**MANUFACTURER:**

Noripharma Sdn. Bhd. (792633-A)  
Lot 5030, Jalan Teratai, 5 ½ Miles off Jalan Meru, 41050 Klang, Selangor.

**DATE OF REVISION:**

24th August 2020.