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**Urinary Tract Infections**

90% of UTI's are caused by E coli. D-Mannose inhibits the ability of E coli to attach to the bladder and can prevent or treat most UTI's, especially if started early. D-Mannose in powder is cheaper than capsules. Best price I found is $26/280 g = 140 servings <https://www.amazon.com/Pure-D-Mannose-Powder-Supplement-Servings/dp/B07C8LPBMH/ref=sr_1_1_sspa?s=hpc&ie=UTF8&qid=1536784569&sr=1-1-spons&keywords=d+mannose+powder&psc=1>

**Acute UTI D-Mannose Dosage:**

1.) The typical dose for acute UTI is 1500-2000 mg (capsule form) or one-half to one teaspoon   
 (powder form) in only a half glass of water every 2-3 hours for five days.

2.) Drink plenty of water in between D-Mannose doses.

3.) Take D-Mannose as early as possible when you first notice symptoms, before the UTI fully develops

4.) Don’t self-treat with D-Mannose for longer than two to three days

5.) If you have a corn allergy, make sure you choose a D-Mannose that is made without corn, such as   
 the Pure Encapsulations brands.

6.) D-Mannose will not treat any UTIs caused by other bacteria than E coli.

**Prevention Dosage for UTI’s with D-Mannose:**

1.) The UTI prevention dose is 1500-2000 mg (or one-half teaspoon) one to two times per day.

2.) You can take this “preventive” dose safely for as long as you want. The bacteria won’t develop   
 resistance to D-Mannose.

3.) You can take D-Mannose after certain UTI trigger events, such as with signs of a yeast infection,   
 when eating a lot of sugar, when you are overstressed, after sex, etc.

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