

WHAT IS INTERSTITIAL CYSTITIS?

Interstitial cystitis (IC) is a disorder of the bladder characterized by urinary urgency, frequency, nocturia and pelvic pain. IC occurs primarily in women and symptoms are exacerbated by stress, ovulatory hormones and certain foods. The cause of IC is unknown, but the most consistent findings involve some dysfunction of the bladder glycosaminoglycan (GAG) protective layer and a high number of activated bladder mast cells. Mast cells should only become activated when an allergen



(e.g., pollen) triggers them during an allergic reaction. However, mast cells can be activated by many other triggers, resulting in prolonged inflammation and damage to vital protective tissues, such as cartilage and mucosa, through the release of histamines, kinins, cytokines and proteolytic enzyme

**Important Note:** Results of the two clinical studies indicate that **CystoProtek** can be given to patients who have failed other therapies and can also be given to patients on other oral or intravesical therapies. There was stomach upset in less than 1% of subjects, primarily those with concurrent Irritable Bowel Syndrome (IBS). **CystoProtek** does not offer substantial relief of pain and other symptoms before 90-120 days of use at 4-6 softgel capsules per day.<sup>†</sup> **CystoProtek** should always be taken with a meal and only in the suggested dosages. Patients allergic to eggs, soy, shellfish or olive oil should consult their doctor before taking the product. **CystoProtek** should be kept in a cool place or refrigerator, away from children. If the gel capsules stick together, place the bottle in the refrigerator to cool the capsules. When capsules are cool, shake the bottle vigorously to separate them.

**CystoProtek is not a cure for IC.** At this time, there is no known cure for the condition. Additionally, it is important to understand that **CystoProtek** is not an analgesic. It may take three to four months to offer a relief of symptoms.

For more information or to order the product, go to [www.cysto-protek.com](http://www.cysto-protek.com) or call our toll free number, 1-888-317-0001, ext.10125.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

<sup>†</sup>Theoharides TC, Vakali S, Kempuraj D, Sant R. A retrospective open label study of CystoProtek® in Painful Bladder Syndrome/Interstitial Cystitis (PBS/IC) Proceedings NIDDK International Symposium: Frontiers in Painful Bladder Syndrome and Interstitial Cystitis (October 24-27, 2006; Bethesda, MD). Theoharides TC, Sant GR. A pilot open label study of CystoProtek in Interstitial Cystitis. International Journal of Immunopathology and Pharmacology, vol. 18: 183-188, 2005. Data on file.



**ALAVEN**<sup>®</sup>  
PHARMACEUTICAL LLC  
1-888-317-0001  
[www.cysto-protek.com](http://www.cysto-protek.com)



**BLADDER PAIN?**

**FREQUENCY?**

**WE UNDERSTAND**

**NOW THERE'S HELP**



**CystoProtek**<sup>®</sup>

**CystoProtek**, a patent-protected, natural oral dietary supplement in soft gel capsule form, has been developed and clinically tested to help promote interstitial bladder health.\* In two clinical studies<sup>†</sup>, **CystoProtek** was demonstrated to be effective in reducing the pain and improving overall symptoms in patients with Interstitial Cystitis (IC), and was well tolerated by patients. **CystoProtek** is the result of years of research into IC by Theoharis Theoharides, Ph.D., M.D., a professor of Pharmacology, Internal Medicine and Biochemistry at Tufts University in Boston, Massachusetts, and his colleague, urologist Grannum R. Sant, M.D.

The anti-inflammatory properties of glucosamine, quercetin and rutin help reduce bladder damage and pain, glucosamine sulfate, chondroitin sulfate and hyaluronate sodium help replenish the damaged glycosaminoglycan (GAG) protective layer in the bladder.

**Chondroitin Sulfate** is one of the main components of cartilage and mucosa layers, forming the connective tissue that holds muscles, nerves and blood vessels together. As such, it is a major component of the protective glycosaminoglycan (GAG) layer of the bladder. It also inhibits the release of proteolytic enzymes that cause tissue damage.

**Sodium Hyaluronate** is the other main component of protective connective tissues, including the GAG layer of the bladder. It is essential in the rebuilding process.

**Quercetin** is a non-acidic flavonoid obtained from the saphora plant. Alaven avoids using a more common

source of the flavonoid, fava beans, that could cause hemolytic anemia, particularly in people of Mediterranean origin. Quercetin inhibits the activation of mast cells and other inflammatory cells, and may relieve the pain and discomfort associated with inflammation.

**Rutin**, also extracted from the saphora plant, is a non-acidic natural flavonoid that adds additional anti-inflammatory qualities and liberates quercetin in the intestine, making absorption easier.

**Glucosamine Sulfate** is a building block of joint cartilage as well as bladder, prostate and GI protective glycosaminoglycan (GAG) layer. It also has some mild anti-inflammatory properties.

**Olive Kernel Extract** is a potent anti-oxidant that helps repair damaged tissues. It is also instrumental in helping the body better absorb the chondroitin sulfate, quercetin and hyaluronate sodium. Alaven uses only pure unprocessed olive kernel extract of low acidity.

*For those who have acid reflux, IBS, or a sensitive stomach, we recommend a slow approach for first time use.*

**For Individuals With Sensitive Stomachs:**

**Day 1 & 2:** Take one capsule a day, with a full meal.

**Day 3 – 7:** Take one capsule twice a day with a meal.

**After the first week:** Increase to the full dosage as noted.

Note: If you experience stomach upset when taking CystoProtek, try freezing the capsules for approximately 30 minutes before taking them to slow the release of the product into the stomach.

**For Individuals Without Stomach Sensitivity:**

Take 2 capsules twice a day with a meal. If your symptoms are severe, you may increase the dosage up to 2 capsules three times a day with a meal for the first six months. Then you may slowly reduce the dosage to 2 capsules twice a day with a meal.

**Supplement Facts**

Serving Size: 2 Capsules		120 Softgel Capsules
Amount Per Serving	%Daily Value	
Calories	10	
Total Fat*	1 g	2%†
Polyunsaturated fat		
	1 g	
Chondroitin Sulfate	300 mg	‡
Glucosamine Sulfate	280 mg	‡
Quercetin (Saphora Plant)	260 mg	‡
Rutin (Saphora Plant)	40 mg	‡
Hyaluronate Sodium	20 mg	‡
†Percent Daily Values are based on a 2,000 calorie diet.		
‡Daily Value not established.		

**Other Ingredients:** Gelatin (not from beef), olive kernel extract (from seeds and leaves), soy lecithin, beeswax, glycerin, purified water, titanium dioxide and carob extract. Contains - Fish (shark), shellfish (shrimp, crab, lobster) and soy.

CystoProtek is all natural, free from artificial colors or flavors, corn, milk products, preservatives, salt, starch, sugar, wheat or yeast. Our ingredients are not obtained from beef or beef by-products. (U.S. patents 6,635,625; 6,641,806; 6,645,482; 6,689,748; 6,984,667 & 1,365,777)

