

NUTRITION TO HELP WITH BLADDER STONES AND URINARY TRACT HEALTH



Urine carries away water, dissolved protein waste and excess minerals. When there are more waste materials than can be dissolved, then stones can form in the bladder. These stones can block the urine and waste elements in the bladder, with the potential for serious harm, whilst the tension in the bladder causes pain.

HOW CAN DIET HELP?

- By reducing the amount of mineral and protein waste – giving less material for stones to form
- By changing the acidity of urine, helping to dissolve stones whilst preventing other stones from re-forming
- By encouraging drinking to increase urination and help flush out waste

In the case of the struvite stones the correct diet can actually dissolve the stones, helping avoid unnecessary surgical treatments. Once dissolved, diet can then help prevent their recurrence.

In the cases of calcium-oxalate and cystine stones, unless very small, these will need to be removed surgically, but once removed, a proper diet can help prevent their recurrence.



DISSOLUTION AND MANAGEMENT OF STRUVITE STONES



SPECIFIC™ Struvite Management.

- A more acidic urine helps to dissolve struvite stones
- Reduced mineral content provides less material to produce stones
- Slightly increased sodium content to promote drinking to dilute the urine and increase urination

MANAGEMENT OF CALCIUM-OXALATE OR CYSTINE STONES

SPECIFIC™ - Heart & Kidney Support.

- Lower protein levels reduce the levels of oxalate and cystine in the urine whilst protein of very high quality gives proper nutrition
- A more alkaline urine discourages crystals from forming
- Added potassium citrate keeps the calcium oxalate in solution rather than forming into crystals



MANAGEMENT OF URATE STONES



SPECIFIC™ CDD Food Allergen Management (egg & rice).

- Low purine and lower protein, but very high quality protein, provides less materials to produce stones
- A more alkaline urine discourages crystals from forming
- Based on egg and rice, ingredients low in purine