

What are kidney stones?

Kidney stone (urolithiasis) is one of the oldest and most common problems of the urinary system.



15% of men and 8% of women will have a kidney stone in his or her lifetime

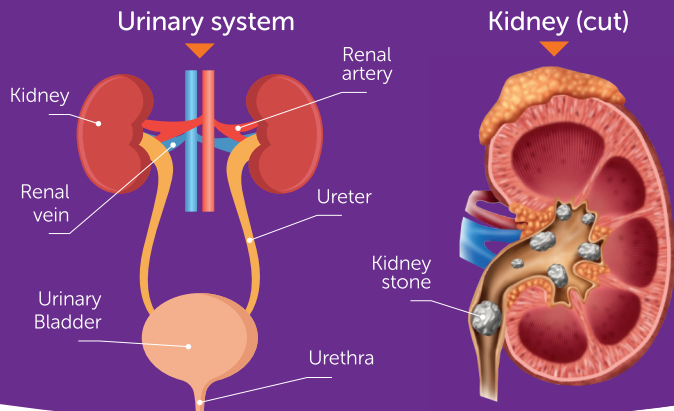


Over half the people who get a stone will **get another one within 5 years**

Urine contains several minerals and nitrogen-containing compounds. Normally these dissolve and get eliminated in the urine. In some people, the concentration of these ingredients increases and they crystallise forming stones in our kidneys. People with certain conditions (obesity, diabetes and gout) are more likely to develop kidney stones.

Could my kidney stone recur?

Yes, if you have experienced a kidney stone in the past five years or have been diagnosed as a recurrent kidney stone former, combining dietary adjustments while taking Lit-Control as a preventative solution may inhibit the stone crystallisation process.



The Lit-Control® Range



This leaflet gives you basic information about kidney stones and the Lit-Control range. This information is intended to be general in nature and not to be used as a basis for medical decision making. Only your medical professional has the qualifications to propose the best treatment option for your condition and individual clinical profile.

Lit-Control pH Meter

Your medical professional may recommend monitoring your urinary pH levels to help prevent the recurrence of uric acid, cystine and infectious kidney stones.



For questions or further information, please visit the FAQ section on www.premierwellbeing.ie or contact the Premier Wellbeing Customer Care Team at +353 (0)61 550 124 (Monday to Friday 9am to 5pm)



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Lit-Control

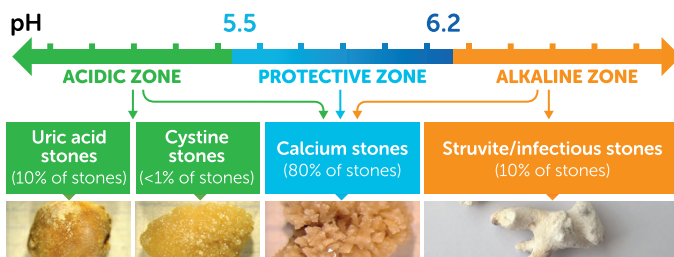


Specifically formulated to maintain normal **healthy kidney** function

- Urologist Recommended
- Patented Formulation

Patient Information Leaflet

What are the types of kidney stones?



What is Lit-Control® pH Balance?

Lit-Control pH Balance is specifically formulated to maintain normal **healthy kidney** function and may help **inhibit the formation of calcium stones**.



Lit-Control pH Balance is a clinically proven food supplement in the form of a capsule, composed of inhibitors of the crystallization of calcium oxalate stones: **phytates, magnesium** and **polyphenols**.



**60 CAPSULES
PER BOX**



Gluten-free
(suitable for coeliacs)



Dairy-free



Vegan

How does Lit-Control pH Balance work?

The saturation of calcium in urine is independent of pH, the only way to prevent its crystallisation is by adding inhibitors. In presence of phytates and magnesium, the calcium and oxalate crystals are reduced in size and are easier to eliminate when urinating. Lit-Control pH Balance (magnesium, phytate, polyphenols) has shown clinical evidence to reduce the formation of calcium oxalate stones. It does not alter the urinary pH.

Instructions for use:



It is recommended to take one capsule of Lit-Control pH Balance in the morning and one capsule in the evening with a glass of water.

What is Lit-Control® pH Up?

Lit-Control pH Up is specifically formulated to **increase urinary pH** and maintain **urinary health**.



Lit-Control pH Up is a clinically proven food supplement in the form of a capsule, composed of an alkalinizer; **potassium-magnesium citrate**, recommended by European guidelines on urology, and a specific inhibitor of the crystallisation of uric acid; **theobromine**.



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How does Lit-Control pH Up work?

In presence of potassium-magnesium citrate, the urine pH increases (alkalinisation) and the mineral salts are dissolved. Theobromine will inhibit the crystallisation of the uric acid mineral salts. When the pH is less acidic, the effect of theobromine is multiplied. Lit-Control pH Up (magnesium citrate, potassium citrate, theobromine) has shown clinical evidence to alkalinise urinary pH and inhibit the crystallisation of uric acid.

Instructions for use:



It is recommended to take one capsule of Lit-Control pH Up in the morning and one capsule in the evening with a glass of water.

What is Lit-Control® pH Down?

Lit-Control pH Down is specifically formulated to **decrease urinary pH** and maintain **urinary health**.



Lit-Control pH Down is a clinically proven food supplement in the form of a capsule, composed of an acidifier; **L-methionine**, recommended by European guidelines on urology, and an inhibitor of the crystallisation of calcium; **phytates**.



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How does Lit-Control pH Down work?

When the urine pH is alkaline, the environment is ideal for the development of certain types of bacteria (Proteus mirabilis, Klebsiella pneumoniae etc.) which can induce the formation of infectious stones. L-methionine will acidify the urine and create a toxic environment for the bacteria. The phytates play an important role inhibiting the formation of calcium phosphates crystals.

Instructions for use:



It is recommended to take one capsule of Lit-Control pH Down in the morning and one capsule in the evening with a glass of water.