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What is Painful Bladder Syndrome / Interstitial Cystitis?

PBS/IC is defined as “an unpleasant sensation (pain, pressure, discomfort) perceived to be related to the urinary bladder, associated with lower urinary tract symptoms of more than 6 weeks duration, in the absence of infection or other identifiable causes.”¹

PBS/IC

- Is thought to affect 3% to 4% of Canadian women ²
- Can occur in men, although it is less common than in women

Symptoms

Symptoms of PBS/IC can include:

- An urgent need to urinate
- Frequent urination (of small amounts)³
- The need to urinate during the night (nocturia)
- Recurring discomfort or pain in the bladder and surrounding pelvic region, which may worsen during menstruation⁴
- Pain during urination
- Pain during sexual intercourse
- Exacerbation during periods of stress, from sitting for long periods, and from exercise³

PBS/IC is a challenging condition

PBS/IC is a chronic condition, with signs and symptoms that vary from patient to patient. It straddles medical specialties, requiring that gynecologists, urologists, and family physicians work together to increase diagnostic accuracy⁵ and treatment options.

PBS/IC is accepted as one of the most challenging conditions known to the urology community. No clear diagnosis protocol exists, nor is there a long-lasting, reliable treatment, leaving PBS/IC patients with few treatment options and continued pain.⁶

Helps relieve the symptoms associated with Painful Bladder Syndrome / Interstitial Cystitis





What is CYSTA-Q®?

CYSTA-Q® is a unique, non-prescription, quercetin-based phytotherapeutic compound clinically proven to help relieve the symptoms associated with painful bladder syndrome / interstitial cystitis (PBS/IC).⁷ In addition to quercetin, this unique formulation also includes bromelain and papain, natural ingredients that enhance the absorption of quercetin and work in combination with quercetin to relieve the symptoms associated with PBS/IC.

Quercetin

Quercetin is found naturally—for instance, in apples, grapes, green tea, and onions—and has antioxidant and anti-inflammatory properties. It is a multi-potent bioflavonoid, with great potential for the prevention and treatment of disease,⁸ which helps reduce inflammation and maintain the body's inflammatory responses.

Other natural ingredients

CYSTA-Q® also contains:

- **Bromelain** and **papain**, which act by enhancing the absorption of quercetin,⁹ leading to greater efficacy.
- **Cranberry fruit**,¹⁰ **passion flower herb**,¹¹ **valerian root**¹² and **wood betony leaf**,^{13,14} which all have antioxidant properties.

Clinical trial results

A clinical study has demonstrated that oral therapy with CYSTA-Q® was well-tolerated and provided significant improvement in the symptoms and quality of life in women and men with PBS/IC.⁸

CYSTA-Q® is well tolerated

- CYSTA-Q® is well tolerated by most users and side effects are rare.
- Some users have reported mild nausea if taken on an empty stomach or slight tingling in the extremities shortly after their first dose.

Contraindications

Consult a healthcare professional prior to use if you are taking quinolone antibiotics, experience gastrointestinal discomfort or transient joint pain, are pregnant or breastfeeding, have history of kidney stones, have a gastrointestinal lesion/ulcer, are taking an anticoagulant/blood thinner, anti-inflammatory or antibiotic or if you are having surgery. Discontinue use if you have a hypersensitive/allergic reaction, nausea, vomiting or diarrhea. Consult a healthcare professional if symptoms persist after 3 months or worsen. Do not use if seal is broken or missing. Keep out of reach of children.

How to take CYSTA-Q®

- Adult men and women: Take one capsule 2 times daily, preferably with a meal or as directed by your healthcare professional.
- Use for a minimum of 4 weeks to see beneficial effects.
- One bottle contains 60 capsules.

How to order CYSTA-Q®

CYSTA-Q® is available in pharmacies and online

Pharmacies

If your local pharmacy does not stock CYSTA-Q®, your pharmacist can order it for you using this code: NPN 80038525

Online

Order online at www.cysta-q.ca

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