



Ural Sachets 4g (28)

\$11.95

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Ural Sachets 4g (28-pack) is a pleasantly flavoured effervescent urinary alkaliser that helps relieve burning, stinging and discomfort caused by cystitis and urinary tract infections (UTIs). Each sachet dissolves in water to create a soothing lemon-lime drink.



Details

What is Ural and how does it work?

Ural is an effervescent urinary alkaliser containing sodium and potassium citrate. When mixed with water it produces a pleasantly flavoured lemon-lime drink that helps reduce the acidity of urine, easing the burning, stinging and discomfort associated with cystitis and urinary tract infections (UTIs).

By raising urinary pH, Ural makes urine less irritating to the inflamed bladder lining, providing symptomatic relief while you seek further medical advice.

When to use Ural sachets

- Burning or stinging when passing urine.
- Frequent or urgent need to urinate.
- Pelvic discomfort or pressure caused by cystitis.
- Symptom relief for mild urinary tract infections.
- As recommended by your pharmacist or doctor.



Active ingredients per sachet

- Sodium bicarbonate
- Sodium citrate dihydrate
- Tartaric acid
- Citric acid anhydrous
- Sugar-free formula with lemon-lime flavour

How to take Ural

Adults and children over 6 years: dissolve one sachet (4g) in a glass of cold water and drink immediately while still effervescent. Take up to 4 sachets per day or as directed by your pharmacist. Continue for up to 48 hours; if symptoms persist or worsen, see your doctor as antibiotics may be required.

Warnings and precautions

- If symptoms last more than 48 hours, or you have fever, back pain, or blood in urine, see a doctor immediately - these may indicate a more serious infection.
- Not recommended for people with kidney disease, high blood pressure, heart failure or sodium-restricted diets without medical advice.
- Not recommended during pregnancy without consulting your doctor.
- Store below 30 degrees Celsius in a dry place.

Frequently asked questions

Does Ural cure a UTI?

Ural relieves the painful symptoms of cystitis and UTIs by making urine less acidic, but it does not kill bacteria. If symptoms persist beyond 48 hours, you have fever, back pain or blood in urine, see your doctor - antibiotics may be required.

How quickly does Ural work?

Most users feel relief from burning and stinging within 30 to 60 minutes after taking a sachet, as urinary pH rises and bladder-lining irritation eases. Drink plenty of additional water alongside Ural.

Can I take Ural every day?



Ural is for short-term symptom relief, typically up to 48 hours. Daily long-term use is not recommended without medical advice because of sodium content. For recurring cystitis, see your doctor about underlying causes.

Is Ural safe in pregnancy?

Ural is not recommended during pregnancy without consulting your doctor. UTIs in pregnancy can be more serious and usually require prompt medical assessment and pregnancy-safe antibiotics.

What is Ural used for?

Ural is an effervescent urinary alkaliniser used for the symptomatic relief of cystitis and urinary tract infections (UTIs). By raising urinary pH it makes urine less acidic, easing the burning and stinging when passing urine. It relieves symptoms but does not treat the underlying infection.

How many Ural sachets can I take a day?

Adults and children 12 years and over: dissolve 1 to 2 sachets in a glass of cold water, up to 4 times daily. Do not use for more than 5 days unless advised by a doctor, and do not give to children under 12 unless directed. Each dose contains sodium (about 644 mg) - take this into account on a low-sodium diet, or check with a doctor or pharmacist first if you have kidney or heart problems or high blood pressure. Always read the label and use only as directed.

Can men take Ural?

Yes. UTIs are far more common in women, but Ural can be used by adults of any sex for the symptomatic relief of cystitis and UTIs. Because UTIs are less common in men and can signal another condition, men with urinary symptoms should also see a doctor.



More Information

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