



Authors' conclusions

There is currently little to no evidence to support or refute the use of D-mannose to prevent or treat UTIs in all populations.

This review highlights the severe lack of high-quality RCTs testing the efficacy of D-mannose for UTIs in any population. Despite UTIs being one of the most common adult infections (affecting 50% of women at least once in their lifetime) and the growing global antimicrobial resistance, we found very few studies that adequately test this alternative treatment.

Future research in this field requires, in the first instance, a single adequately powered RCT comparing D-mannose with placebo.

<https://www.cochranelibrary.com/web/cochrane/content?templateType=full&urlTitle=/cdsr/doi/10.1002/14651858.CD013608.pub2&doi=10.1002/14651858.CD013608.pub2&type=cdr&contentLanguage=&highlightAbstract=cranberry%7Ccranberri>