

## CRANBERRY+™



» 60 CAPSULES | 0300720.060

### SUPPORTS PROPER URINARY TRACT FUNCTION\* 400 MG PER CAPSULE

- » \*MADE WITH NON-GMO INGREDIENTS
- » GLUTEN FREE & VEGETARIAN

The active ingredients in our **Cranberry+**™ - Malic, Citric, and Quinic acids - manage urine pH and keep unwanted material from adhering to the cells that line the bladder wall.\*

- ✓ **Cranberry+**™ contains Malic, Citric and Quinic Acids, which are the active ingredients that acidify the urine and keep unwanted material from adhering to the cells that line the bladder wall.\* These acids also promote thorough cleansing of the urinary tract.\*

#### About Urinary Tract Infections (UTI's)

- ✓ Eighty percent of all women will experience a UTI in their lifetime and approximately 20% of women will have one each year. In the US alone, 9.6 million doctor visits per year are attributed to UTIs and they are the second leading cause of lost work days for women.
- ✓ UTI's also occur in men and may be a sign of serious underlying conditions such as problems with the prostate gland. Many conditions affecting the kidneys, bladder, or urethra are described as urinary tract infections, and most UTI's are concentrated in the bladder and urethra.
- ✓ An infection can develop when bacteria enter the urethra (the tube that carries urine out of the body) and travel up into the bladder. Over 90% of UTI's are caused by the bacteria *Escherichia coli* (E. Coli), which is present in the colon and rectal area.

#### Factors that increase UTI possibility are:

- ✓ **Pregnancy-** the growing baby presses on the bladder which may prevent it from completely emptying.
- ✓ **Sexual Activity-** bacteria can be pushed from the rectal area toward the vagina and can then enter the urethra and ascend into the bladder.
- ✓ **Use of a diaphragm-** if not fitted properly can cause pressure on the bladder and increase the chance for infection.
- ✓ **Menopause-** the decline in estrogen levels leads to thinning of the urinary tract, making it easier for bacteria to break through.
- ✓ **Incontinence-** the bladder does not completely empty which increases the susceptibility to infection.
- ✓ **Structural abnormality-** it can restrict the free flow of urine.
- ✓ **Suppressed immune system-** it affects the body's ability to fight off infection.
- ✓ **Enlarged prostate-** it puts pressure on the urethra and the bladder opening preventing complete emptying of the bladder and may result in infection.



#### About Cranberries

- ✓ For centuries, cranberry have been a popular folk remedy for urinary health. Research suggests that its benefits may be due to its ability to acidify the urine.
- ✓ A study done in mice and published in the Journal of Urology demonstrated that cranberry inhibited the adherence of *Escherichia coli* to the epithelial cells in urinary tracts by 80%. E. coli is the primary cause of urinary infections. Similar activity was found in human subjects as well.
- ✓ Research published in the New England Journal of Medicine has identified that certain compounds in cranberry, namely the condensed tannins or flavanoids (proanthocyanadins), are responsible for the anti-adherence effect.
- ✓ Several clinical studies have found cranberry juice beneficial in preventing UTI's. The amount of juice required is 10 to 20 ounces per day and it may contain a fair amount of sugar and calories.
- ✓ **Cranberry+**™ from FoodScience® of Vermont provides a convenient way to get a concentrated extract that can give you all of the benefits of the berry.

#### Supplement Facts

##### Serving Size 1 Capsule Amount per Serving

Cranberry Juice Powder (90% solids)	400 mg
yielding Quinic Acid 12%	
Citric Acid 12%	
Malic Acid 8%	

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine, silica.

**Warning:** If pregnant, nursing, have gallstones or gallbladder disease, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule, one to three times daily, between meals.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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