

Cranberry 500 mg Capsules



Product Summary:

Cranberry (*Vaccinium macrocarpon*) may help prevent urinary tract infections. Substances in cranberry prevent bacteria from sticking to the lining of the urinary tract and bladder, where they multiply and cause infection.

Escherichia coli (*E. coli*), the bacteria responsible for most UTIs (urinary tract infections), produce adhesins, substances that help the bacteria stick to the epithelial cells that line the urinary tract. Once they stick they multiply and spread infection. Compounds in cranberry prevent *E. coli* from sticking in the first place, reducing the number and length of infections.

Harvard researchers studied over 153 older women, average age 79. Half were given 10 ounces of cranberry juice every day and the other half were given a look-alike drink containing no cranberry. The researchers discovered that the women who drank cranberry juice were 58% less likely to have infection-causing levels of bacteria in their urine than those who had no cranberry juice. Cranberry juice seemed to help existing infections, and may have prevented new ones from occurring.¹

While women seem to suffer more frequently from urinary tract infections, cranberry may help men, too. Men with enlarged prostates may have more difficulty emptying their bladder completely, giving bacteria ample time to attach themselves and multiply.

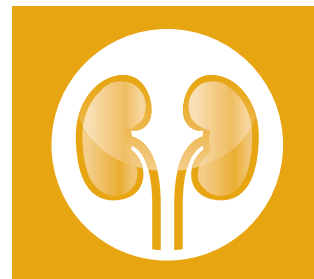
Cranberry may help to prevent infections for persons on catheters.

Cranberry may decrease the recurrence of urinary stones.

Encapsulated juice extract seems to offer more consistent antiadherence activity and is certainly lower in sugar than cranberry juice cocktail. It's a good alternative for those who don't like the taste of cranberry and aren't willing to drink several glasses of juice daily.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Used in herbal medicine to help prevent recurrent urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health.



URINARY



GENERAL HEALTH
& WELLNESS





Pharmacology:

“Cranberries contain proanthocyanidins, also known as condensed tannins, and a high-molecular weight compound that has not yet been identified. These constituents seem to interfere with bacterial adherence to the urinary tract epithelial cells). For example, proanthocyanidins seem to be capable of «wrapping» around Escherichia coli (E. coli), which is the cause of most urinary tract infections (UTIs), and preventing it from adhering to the urinary tract wall. It probably also has this effect against other urinary tract pathogens. Cranberry, however, does not seem to have the ability to release bacteria which are already adhered to the urinary tract epithelial cells. Laboratory evidence suggests that fructose in cranberries might also contribute to the anti-infective activity. Cranberry juice has shown antibacterial activity in culture medium against E. coli, Staphylococcus aureus, Klebsiella pneumoniae, Pseudomonas aeruginosa, and Proteus mirabilis). Whether urinary concentrations of the active constituents reach bactericidal levels is currently a topic of research Preliminary data suggest that a high molecular weight cranberry constituent might prevent adhesion of plaque bacteria that cause periodontal disease. Cranberry compounds might also prevent adhesion of Helicobacter pylori (H. pylori) in the stomach. Early evidence shows that cranberry juice might increase the antioxidant capacity of plasma. There is also preliminary evidence that the proanthocyanidin fraction of cranberry might have anticarcinogenic activity.”³





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

90's 7 77747 10265 5

NPN:

80003329

Expiry Date:

36 months from date of manufacture

Active Ingredient:

Each capsule contains :

Cranberry 36 :1 Concentrate (*Vaccinium macrocarpon*) (fruit).....500 mg
(Provided by 18,000 mg of fresh cranberries)

Non-Medicinal Ingredients (in descending order):

Gelatin capsule (gelatin, purified water), rice starch, silica, magnesium stearate.

Appearance:

Purplish-red powder in a hard gelatin capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in tightly closed containers in a dry place at 15 – 25°C.





Dose:

For preventing urinary tract infections (UTIs), cranberry juice 1-10 oz per day has been used. However, the ideal dose has not yet been determined. Some people drink up to 10-32 oz per day of cranberry juice for treating UTIs. For use as a urinary deodorizer for incontinent patients, 3-6 oz per day of cranberry juice has been used. Encapsulated formulations are often taken in doses of 300-400 mg twice daily.⁴

Directions:

(Adults): 1 capsule daily with a full glass of water at meal time, or as recommended by a physician. Use for a minimum of 4 weeks to see beneficial effects.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Consult a physician prior to use if you have a history of kidney stones or are taking blood thinners. Consult a physician if symptoms persist or worsen. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Not applicable.

Drug Interactions/Contraindications:

Not applicable.



Toxicity/Adverse Reactions:

Ingestion of large amounts may cause diarrhea and other gastrointestinal symptoms. If this happens, just cut back the amount.

Kidney stones (Nephrolithiasis): There is some concern that cranberry juice and cranberry extracts might increase the risk of kidney stones because of its high oxalate content. Drinking cranberry juice 30 ml typically provides approximately 1.9 mg of oxalate. Concentrated cranberry extracts might contain higher amounts of oxalate. There is some evidence that some cranberry extracts tablets can boost urinary oxalate concentration by as much as 43%. Tell patients with a history of kidney stones to avoid cranberry extract products or excessive consumption of cranberry juice.⁷ For those with propensity to kidney stones it is also suggested to drink plenty of fresh water when taking cranberry. This dilutes the normally present oxalic acid.





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Starch/Modified Starch
Artificial Flavors	Sulphites (<10 ppm)
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of Animal Products

Kosher





References:

1. Avorn, J. Monane, M. Gurwitz, J. et al. "Reduction of bacteriuria and pyuria after ingestion of cranberry juice." *JAMA*. March 9, 1994. 271(10): 751-754.
2. Blumenthal, Mark. *Popular Herbs in the U.S. Market: Therapeutic Monographs*. 1997. American Botanical Council.
3. <http://www.naturaldatabase.com/monograph>.
4. <http://www.naturaldatabase.com/monograph>.
5. McCaleb, Robert S. et al.: *The Encyclopedia of Popular Herbs: Your Complete Guide to the Leading Medicinal Plants*. 1999. Prima.
6. <http://www.naturaldatabase.com/monograph>.
7. <http://www.naturaldatabase.com/monograph>.

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