



Category 10  
Specialty Supplements



## Cranberry Concentrate & Vitamin C

100 Caps #103230

**Description: Cranberry Concentrate:** Lowers pH of urine and acidifies it. This benefits the bladder as it becomes bacteriostatic at a pH of about five. This prevents most chronic urinary tract infections. Lowers cholesterol levels. Improves oral hygiene.

### Contents / Ingredients

**Cranberry** fruit grows on evergreen shrubs in moist damp places in the north east quarter of the United States. It has become well known for preventing **chronic urinary tract infections** and in **deodorizing the urine**.

Kidney ailments are commonly treated with cranberry fruit. **Cranberry** has the ability to **lower the pH of the urine**, and is effective in most chronic urinary tract infections. Also those that suffer from incontinence often develop the characteristic ammonia odor as E. Coli bacteria proliferate in excreted urine. Acid urine would act as a deodorant of

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 2 Capsules	Servings per Container 50	
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1.1 g	<1% (**)
Dietary Fiber	560 mg	2% (**)
Sugars	630 mg	(*)
Vitamin C (as ascorbic acid)	20 mg	33%

Cranberry Concentrate (fruit)

(1400 mg of 8:1 Concentrate) 1.4 g (\*)

(\*) Daily Value not established.

(\*\*) Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Magnesium stearate.

Contains no salt, yeast, sugar, corn, wheat, milk or preservatives.

sorts to inhibit their growth and the resulting odor. Something in cranberry juice **prevents bacteria from binding to the walls of the bladder**, and if the bacteria cannot adhere to the surface cells, they cannot cause an infection. Cranberry contains relatively high concentrations of **flavonoids and anthocyanidins**. These prevent the oxidation of low density **cholesterol LDL**, and LDL oxidation leads to coronary artery disease. So regular consumption of cranberry juice may help **prevent coronary artery disease**, as well as having a positive therapeutic effect on the formation of **kidney stones, chronic urinary tract infections and nephritis**.

Clinical studies have found that cranberry works even more effectively as a **preventative** than a curative agent against urinary tract infections. Clinical studies were conducted in a nursing home and the participants drank 4 to 6 ounces of cranberry juice daily for 7 weeks. (The equivalent in capsules would be 1 capsule a day. It takes over 8 pounds of whole cranberries to produce 1 pound of Cranberry concentrate powder). The outcome of the study was with 28 nursing home residents, 19 of these had no remaining infections. The results showed significant benefits when using cranberry as a preventative.

As we have previously mentioned cranberry has the ability to prevent bacteria from sticking to the walls of the urinary tract, not only does it have this property but it also prevents the **bonding** between different **bacterial species**. Therefore, substances that prevent bacteria from sticking to one another could interrupt the progression of **dental plaque formation**. Cranberry therefore, has a preventative role as well as a positive managing effect on some **gum diseases**.

**SUGGESTED DOSAGE:** As a dietary supplement, take 2 capsules 1-2 times daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.