

## CRANBERRY

Cranberry (*Vaccinium macrocarpon*) belongs to the same family as the bilberry and the blueberry and has long been valued as a food, especially in North America where it can be found growing in bogs. Cranberry is usually associated with eating Turkey at Christmas, but since the earlier part of this century the use of cranberry for medicinal purposes has become much more commonplace, and over the past few years has become an increasingly popular drink.

### The Benefits of Cranberry

**Urinary tract infections (UTI'S)** - women have been using Cranberry to treat and prevent UTI's for nearly ninety years in the belief that the juice acidified the urine, which in turn prevented bacterial growth. We now know however, that it is not acidification that leads to the beneficial effect but actually due to the ability of cranberry to prevent micro-organisms from adhering to the cells of the urinary tract.

**Detoxification** - Cranberry has been traditionally used to prevent kidney stones and to remove toxins from the blood.

### Properties

The active principles responsible for the beneficial effects of cranberry have yet to be identified although it does contain fructose which is known to inhibit the adhesion of bacteria. Cranberry also contains hippuric acid which is known to be an antibacterial agent.

### Contra-indications / Precautions

Cranberry has no known side effects and it is also safe for pregnant and lactating women.

### Why Choose Natures Aid Cranberry tablets?

Natures Aid Cranberry tablets each contain 200mg of cranberry extract equivalent to 5000mg of cranberry juice per tablet, and unlike many cranberry juices available Natures Aid tablets do not contain any added sugar.

SUITABLE FOR VEGETARIANS AND VEGANS

Natures Aid, St George's Park, Kirkham, PR4 2DQ

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