



HEALTH AWARENESS

Cranberries Offer Important Health Benefits

(NAPSA)—For centuries, the cranberry has been a popular folk remedy for urinary tract infections (UTIs), a common but not often talked about health problem. In the early 1980s, a study found out how this folk remedy works.

The study done on mice demonstrated that cranberries keep bacteria that are responsible for urinary tract infections from sticking to the urinary tract cells.

A type of flavonoid found in cranberries sticks to the bacteria to keep them from settling in.

Finding out that this folk remedy really does work and why it works is good news for anyone who has ever had a UTI. Eighty percent of all women experience this type of infection in their lifetime and approximately 20 percent will have a UTI each year. Men can get them, too.

While cranberry juice can help prevent UTIs, the amount of juice required is quite large—10 to 20 ounces per day. It may not be the most efficient way to access the benefits offered by cranberries.

“Drinking cranberry juice, and lots of it, is one of the earliest known solutions to the UTI problem,” said holistic pharmacist and author Sherry Torkos. “However, most juices contain only about 27 to 33 percent cranberry juice, with the remainder consisting of water and sugar.”

New research has found that supplements containing cranberry extract provide all the benefits of



Research has found that compounds found in cranberries can contribute to urinary tract health.

the berry. In fact, one study found that one 500-mg. capsule of a popular supplement, Cran-Max®, was equivalent to nearly five glasses of cranberry juice.

Of all the ingredients, the most studied has been Cran-Max, which features a patented technology called Bio-Shield, which enhances the bioactivity of the cranberry by protecting it from destruction in the stomach and provides sustained release to the parts of the body where it is needed.

“While there are a number of cranberry supplements on the market, they vary widely in terms of quality and daily quantity needed to deliver the required dosage,” said Torkos. “Some require taking from six to 12 capsules per day, which is difficult for most patients. Taking one 500-mg. Cran-Max capsule offers a distinct advantage.”

For more information, talk to your pharmacist or visit www.cranmax.com.