

NUTRITION NEWS & NOTES

Study Shows Health Benefits Of Cranberry Extract

(NAPSA)—Studies show that new types of supplements may add to the health benefits of one of North America's oldest remedies: the cranberry.

Cranberries are found growing in bogs throughout Canada and the U.S. The tart berries were sweetened by Native Americans in maple syrup and used to help ward off scurvy, as a diuretic, an astringent and in the treatment of fevers. North American pioneers found that cranberries helped relieve cramps and muscle spasms, and the cranberry's benefits to the bladder have been suspected since the mid-1880s. Since then, numerous tests have shown that cranberries help ward off urinary tract infections (UTIs).

Why Cranberries?

Cranberries stop *E. coli* cells from adhering to cells in the urinary tract. *E. coli* is what generally causes urinary tract infections. The cranberry's power comes from polyphenol compounds (flavonoids). These compounds adhere to the surface of the *E. coli* bacteria, preventing it from attaching to the linings of the bladder. This enables the bacteria to be flushed from the urinary tract.

Juice Versus Supplements

Drinking cranberry juice may not be the most ideal way to benefit from the berry. Most commercial cranberry juices contain only 23 to 33 percent pure cranberry juice. Sugar and water make up the rest of the drink. That's one reason many experts recommend taking a cranberry supplement.

Choosing A Supplement

There are a variety of supplements to choose from. One of the most studied cranberry products



Cranberries and cranberry supplements can help ward off a number of health problems.

is Cran-Max cranberry extract. A recent study in the *Canadian Journal of Urology* concluded the supplement provided the most cost-effective method of preventing UTIs, compared to taking cranberry juice or a placebo. Patients taking the supplement (which has no preservatives or added sugar) had a 44 percent lower incidence of UTIs compared to the placebo group.

The supplement features a technology called Bio-Shield that keeps the beneficial nutrients in cranberries from being broken down by stomach acid. That allows more nutrients to be absorbed into the body. The supplement's manufacturer says the product is the most potent on the market because it's made using 100 percent of the cranberry—including pulp, fiber, seeds, skin and highly concentrated juice—for a concentrated effect. In fact, it takes 34 pounds of cranberries to make one pound of the supplement.

For more information, ask your pharmacist or visit the site www.cranmax.com.