

Cranberry & Stomach Health

Naturally-Occurring Cranberry Compounds Can Reduce *H. pylori* Infection Rates¹

For Healthcare Professionals



Peptic ulcer disease affects over 4.5 million men and women annually in the US, and about 10% of the US population has evidence of a duodenal ulcer at some time. The proportion of people with *H. pylori* (*Helicobacter pylori*) infection and peptic ulcer disease steadily increases with age.^{2,3}

H. pylori infection accounts for 90% of duodenal ulcers,⁴ which when untreated, increase the risk of developing stomach cancer.⁵

The American Cancer Society estimates that in 2020, 27,600 people in the US are expected to get stomach cancer and 11,010 are expected to die from it.⁶

In the US, 30 million people can expect to be infected with *H. pylori*.⁵

Daily Cranberry Juice Intake Associated with Reduced *H. pylori* Infection Rates



A new clinical trial published in the *Journal of Gastroenterology and Hepatology*, a top tier international gastroenterology journal, found drinking cranberry juice containing 44 mg of proanthocyanidins (or "PACs") per 8 ounce serving twice daily for eight weeks resulted in a 20% reduction in the *H. pylori* infection rate in Chinese adults when compared to those consuming lower amounts of juice and a placebo.¹

In this randomized, placebo-controlled trial, participants received cranberry juice, juice-based powder or their placebos daily for eight weeks with testing performed at 2 and 8 weeks to determine *H. pylori* suppression rates.

The statistically significant 20% suppression of *H. pylori* infection rates in this trial exceeds suppression rates found in previous trials in China⁷ and Chile⁸ that tested only one serving size of cranberry juice with unknown PAC levels. Results of the current study suggest that regular consumption of cranberry juice, when administered at specific amounts, has the potential to assist in the management of *H. pylori*, especially in China where endemic infection and gastric cancer rates are high.⁹

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Possible Mechanism of Action

Many foods have been evaluated for their ability to inhibit *H. pylori*, in vitro.¹⁰ The primary mechanism of action is not exclusively focused on the direct antimicrobial effects but includes inhibition of the urease produced by *H. pylori* as a pathogenic factor, anti-inflammatory antioxidant, anti-adhesive, and immune-stimulatory properties of these foods.

Cranberry PACs Can Help Manage *H. pylori* Infections

A 1/2-cup serving of 100% pure cranberry juice contains about 44 mg of PAC, which when taken twice daily in the morning and evening, should be equivalent to the levels in the clinical study needed to achieve *H. pylori* suppression. It may be added to other juices, seltzer water, etc.

While more research is needed, these findings show that drinking cranberry juice containing 44 mg PAC per serving twice daily has the potential to be a natural, complementary management strategy for adults infected with *H. pylori*.

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