

cranberries

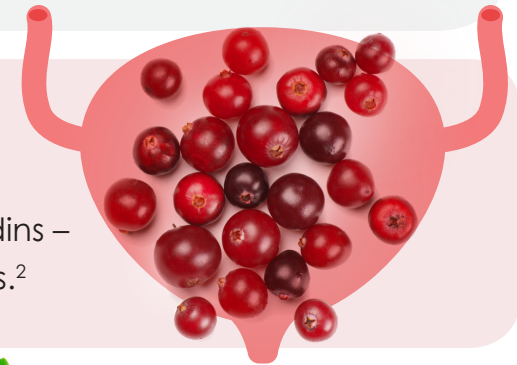
Antibiotic-Free Preventive Step Against Recurring UTIs

The American Urological Association recommends cranberry products as an antibiotic-free way to prevent recurrent UTIs. A panel of urologists reviewed decades of research revealing that naturally-occurring cranberry compounds can reduce the incidence and recurrence of urinary tract infections.¹



how?

Cranberries contain unique antioxidants – proanthocyanidins – that prevent UTI-causing bacteria from sticking to cell walls.²



what kind?

Cranberry juices and tablets alike have been shown to work preemptively to reduce recurrent UTIs.^{1,3-7}



why?

Antibiotic resistance is a BIG PROBLEM! The CDC estimates that 2 million people each year will get an antibiotic-resistant infection⁸. This antibiotic-free approach may help to reduce the need for antibiotics while still helping to prevent recurrent UTIs.



Qualified Health Claim

Consuming one serving (8 oz) each day of a cranberry juice beverage containing 27% cranberry juice may help reduce the risk of recurrent urinary tract infection (UTI) in healthy women. FDA has concluded that the scientific evidence supporting this claim is limited and inconsistent.

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