

Cranberry Extract 250mg

高濃度小紅莓精華(又名蔓越莓)



♥ Symptoms of Urinary Tract Infections^[1]

- ◆ Frequent urination - urinate frequently with only a small amount of urine passed each time
- ◆ Pain or burning sensation when urinating
- ◆ Urine is cloudy and may even contain blood
- ◆ Lower abdominal pain (near the pubic bone), indicating bladder infection
- ◆ Fever, lower back pain, nausea and vomiting may indicate possible kidney infection

♥ Urinary Tract Infections

Urinary tract infection (UTI) is a bacterial infection commonly occurs anywhere from the kidney in the upper urinary tract to the bladder in the lower urinary tract.^[2] The infection could occur in various ages. Bacterial adherence to mucosal surfaces is considered to be an important step in the development of UTIs.^[3] Over 80% of UTIs are associated with E. coli, which may be transmitted from the bowel to urinary tract.^[2] Bacterial adherence is facilitated by structures on bacterial cell wall that attach to specific sites on uroepithelial cells.^[3] Delay or having difficulty in urination could cause the bacteria to retain, multiply and increase the chance of infection.

♥ Women Prone to Infections

Female are more susceptible to UTI than male (ratio 8:1) due to the natural difference in biological structure.^[4] Hormonal changes also contribute to the chance of infections. During different stages of life, e.g. pregnancy or menopause, secretion of female hormones could change substantially, resulting in certain physiological and psychological changes. Oestrogen level in the body lowers during menopause. The vaginal tissue becomes thin and loses some of its moisture and elasticity. The vagina is more prone to infection and itching. In some women, the urinary tract is also affected with deterioration in bladder function leading to incontinence.^[5]

♥ Cranberry Proanthocyanidins for Protection

Cranberry juice and crushed cranberries have a long history of use in promoting urinary health and relieving symptoms of UTI.^[6] Scientists have been working on finding out the mechanism of such benefits. Recent work has focused on the effects of cranberry in inhibiting bacterial adherence and on determining antiadhesion agents in cranberry. Cranberry is a great natural source of health-promoting antioxidants, e.g. vitamin C and proanthocyanidins.^[7] Proanthocyanidins are believed to be an important factor for the stated effects of cranberry in UTIs.^[3,6]

Cranberry has been used as herbal tool to help reduce recurrence of UTI in women. However, one cup of cranberry could contain up to 4g of sugar, which could be a burden for health, increasing the risk of obesity, diabetes and high blood pressure. **Bio-home Cranberry Extract 250mg Capsule** contains no sugar, which makes it a more healthy choice for all ages.

♥ Studies Proved Cranberry's Benefits

Several studies indicate that cranberry helps prevent UTIs of the bladder and urethra, especially for women who have frequent UTIs. In one study of older women, cranberry juice reduced the amount of bacteria in the bladder compared to placebo. Another study showed that younger women with a history of frequent UTIs who took cranberry capsules had fewer UTIs compared to those who took placebo.^[8]

♥ Profile of Cranberry ^[3,6]

- ◆ Also known as "Super Fruit"
- ◆ Abundant in proanthocyanidins
- ◆ Highly antioxidizing
- ◆ Anti-bacterial adhesion
- ◆ Maintain urinary tract environment
- ◆ Good for cardiovascular and immune system
- ◆ Help resist kidney stone formation

♥ How Cranberry may help you: ^[6,9]

- ◆ Beneficial effect on urinary health
- ◆ Antimicrobial effects
- ◆ Improve bacterial flora
- ◆ Relieve symptoms of UTI
- ◆ Relieve itching and discomfort
- ◆ Support immunity
- ◆ Maintain cardiovascular and renal health

Recommended daily dose:

Adults: take 2-3 capsules daily or as recommended by physicians.

References:

1. Family Health Service, Department of Health, HKSAR. "Urinary Tract Infection". Available from: http://www.fhs.gov.hk/english/health_info/woman/9938.html
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7. Monograph: Cranberry. Health Canada: Natural Health Product Ingredients Database. Available online at <http://www.hc-sc.gc.ca>
8. University of Maryland Medical Center. Cranberry. Available from: <http://umm.edu/health/medical/altmed/herb/cranberry> [Last reviewed: 22 Jun 2015]
9. Freire Gde C. Cranberries for preventing urinary tract infections. Sao Paulo Med J. 2013;131(5):363.



Supports A Healthy Urinary Tract

有助保持尿道健康

