

Cranberry & Stomach Health

Natural Cranberry Compounds Can Lower *H. pylori* Infection Rates¹



Ulcers in the stomach or upper small intestine affect over four million men and women every year in the US.⁴ The risk for *H. pylori* (*Helicobacter pylori*) infection and ulcers increases with age.^{2,3}

H. pylori infection accounts for 90% of upper small intestine ulcers⁴ which when left 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 medical research study published in the *Journal of Gastroenterology and Hepatology*, a top tier international gastroenterology journal, examined Chinese adults with *H. pylori* infection. The results found that drinking cranberry juice containing 44 mg of proanthocyanidins (or "PACs") per 8 ounce serving two times per day for eight weeks resulted in a 20% reduction in the *H. pylori* infection rate when compared to those drinking lower amounts of juice and a placebo.¹

In this randomized, controlled trial, participants were put into different groups; those receiving cranberry juice, juice-

based powder or their placebos daily for eight weeks. They were tested for *H. pylori* infection at 2 and 8 weeks.

Twenty percent of the participants had suppression of *H. pylori* infection rates. These findings are better than previous studies done in China⁷ and Chile⁸ that tested only one serving size of cranberry juice with unknown PAC levels. These results suggest that regularly drinking specific amounts of cranberry juice has the potential to help in the management of *H. pylori*, especially in China where infection and stomach cancer rates are high.⁹

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How Do Foods Like Cranberries Help?

Many foods have been examined for their ability to fight *H. pylori*.¹⁰ The benefits may be due to the ability of these foods to prevent the spread of these bacteria or by inhibiting release of an enzyme, urease, which is produced by *H. pylori*. Some foods may also fight inflammation, boost immunity or prevent these bacteria from sticking to the cells and causing an infection.

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.

Although more research is needed, this study shows that drinking cranberry juice containing 44 mg PAC per serving twice daily has the potential to be a natural, complementary management strategy for adults with *H. pylori* infections.

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