# 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.<sup>1</sup>





#### how?

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



## what kind?

Cranberry juices and tablets alike have been shown to work preemptively to reduce recurrent UTIs.<sup>1,3-7</sup>



Antibiotic resistance is a BIG PROBLEM! The CDC estimates that 2 million people each year will get an antibiotic-resistant infection<sup>8</sup>. 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.



1. American Urological Association. Recurrent Uncomplicated Urinary Tract Infections in Women: AUA/CUA/SUFU Guidelines (2019). https://www.auanet.org/guidelines/recurrent-uti 2. Fu Z, et al. Cranberry Reduces the Risk of Urinary Tract Infection Recurrence in Otherwise Healthy Women: A Systematic Review and Meta-Analysis. Journal of Nutrition. 2017;147(1):2282-2288. 3. Blumberg JB, et al. Cranberries and Their Bioactive Constituents in Human Health. Advances in Nutrition. November 2013;4(6):618-632. https://doi.org/10.3945/an.113.004473. 4. Zhaoa S, et al. American Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of 25 years. J Sci of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, Angele et al. Can Cranberries and Health Benefits - an Evolving Story of Food & Agric. doi: 10.1002/jsfa.8882. 5. Luís, An