

CRANBERRY CONCENTRATE

Supports Healthy

Functioning of the Urinary System*

DOSAGE

1 Liquid Phyto-Cap 2 times daily.

DURATION OF USE

3 weeks and then as needed

BEST TAKEN

After meals, with a small amount of water.

Cranberry's historical use as a powerful functional food has now gained support from scientific data. Cranberry Liquid Phyto-Cap™ combines medicinal grade cranberries with state-of-the-art extraction techniques to provide a concentrated extract for overall urinary health.

HISTORY

Originally named "crane berries" in reference to the large birds that regularly eat them, the cranberry shrub grows in watery bogs and has been a celebrated part of medical and culinary history. Its use among the Iroquois as a blood purifier is well documented throughout early American history though the cranberry is most celebrated for its role in the first American "Thanksgiving". Playing a large role in the history of the early colonist, Native American tribes taught colonist the method by which to sweeten this unusually bitter fruit as well as techniques to preserve them for use during the long winter months.

MECHANISM OF ACTION

The cranberry is a close relative to other well documented functional food such as the blueberry, and bilberry. As such, the cranberry fruit is high in antioxidants, particularly in a compound called proanthocyanidins also called "PAC's". The "PAC's" are potent antioxidants that scavenge for damaging particles in the body known as "free radicals". Although free radicals are a normal by-product of our metabolism, in excess amounts they can negatively alter cell membranes and even cause cell death. The potent and highly absorbable antioxidants found in cranberry can help to neutralize free radicals before they cause irreparable damage. "PAC's" are primarily responsible for the deep red color found in the skins of the various fruits which is probably why most dark fruits and vegetables are so healthy. Cranberries are also a rich source of bioactive source of vitamin C which supports the overall immune system.

URINARY TRACT HEALTH

Specifically, science turned its focus on cranberry by the early 1920's when it became apparent that it contained healthful



Supplement Facts

Daily Serving Size 2 Capsules
Servings Per Container 30

| Amount Per 2 Capsules | mg |
|--|---------|
| Calories 20 | |
| ALCOHOL FREE CONCENTRATED EXTRACTS OF: | |
| Cranberry fruit (<i>Vaccinium macrocarpon</i>) ▲ | 400 mg† |

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).
▲ = Certified Organic Ingredient

aspects with regards to urinary health. Initially, scientists theorized that eating cranberries may make the urine more acidic and therefore create a hostile environment to bacteria living in the urinary tract. Yet, modern science has shed new light on this theory. It seems that "PAC's" play a significant role in the overall wellness of the urinary tract. In fact, some research has suggested that "PAC's" may help support the body's ability to prevent microorganisms from attaching to the cell wall of the urinary canal. This aspect of activity has been shown to be an effective technique to maintain normal bacterial levels in the urinary tract and support overall urinary health. Unfortunately, in order to get optimum amounts of "PAC's" into the urinary tract a person would have to drink an extensive amount of cranberry juice. In light of this dilemma, Gaia Herbs has created a technique by which to concentrate cranberry extract and deliver them in a vegetarian Liquid Phyto-Cap™ allowing for optimum dosage without the bitter taste or the unnecessary sugar.

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation.

KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

REFERENCES

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.