

# Cranberry

*Vaccinium macrocarpon* Aiton

[Fam. Ericaceae]

## OVERVIEW

Cranberry is a fruit native to North America, with almost 98% of the world supply cultivated in the northern U.S. and Canada. Both indigenous Americans and colonists valued cranberry for its medicinal and nutritional properties. Cranberries are a high-value crop, ranking 40th in sales of all cash crops monitored by the U.S. Department of Agriculture's National Agricultural Statistical Service. Sales of cranberry dietary supplements ranked 10th in 1999 in total herb sales in U.S. food, drug, and mass-market retail outlets.

## USES

Urinary tract infections (UTIs), including prevention, treatment, and decreasing occurrence; kidney stones.

## DOSAGE

### Internal

**NOTE:** The following juice doses are based on sweetened preparations unless otherwise noted. Although some authors suggest that sweeteners in the juice should be avoided or minimized, clinical studies strongly suggest that these types of products are safe and effective. Additionally, patients should drink plenty of fluids (at least 2 liters daily) throughout the day. Authors recommending unsweetened juice generally suggest using capsules as unsweetened juice can be unpleasant tasting.

### Juice

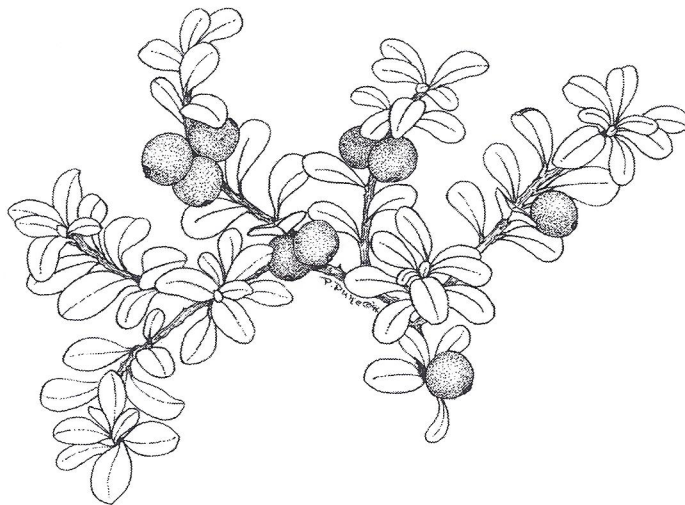
**TREATMENT OF UTI:** 16–32 fl. oz. daily or at least 17 fl. oz. of unsweetened juice daily.

**PREVENTION OF UTI:** 4–32 fl. oz. daily.

**KIDNEY STONES:** 8 fl. oz., 4 times daily for several days, then 8 fl. oz., twice daily for treatment and prevention of kidney stones that dissolve better in acid solutions.

## Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.



## Concentrated Juice Extract

**PREVENTION AND TREATMENT OF UTI:** 300–400 mg, 2–3 times daily.

## CONTRAINDICATIONS

Consult a healthcare provider in cases of kidney insufficiency or tendency to develop uric acid or calcium oxalate stones.

**PREGNANCY AND LACTATION:** No known restrictions during pregnancy or lactation.

## ADVERSE EFFECTS

No adverse effects occur at recommended dosages. High dosages (more than 3–4 liters or approximately 2.5–3.5 qt. daily) may cause diarrhea or mild gastrointestinal upset.

**Caution:** If no improvement in acute infection of the urinary tract occurs within the first 24 hours of herbal treatment, seek conventional medical treatment.

## DRUG INTERACTIONS

No known interactions with antibiotics or other drugs.



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