

Cranberry Complex

Bladder & Urinary Tract Support*

Cranberry is used to:

- ✓ Help maintain a **healthy urinary tract**
- ✓ Support **healthy mucosal surfaces in the urinary tract***

Uva Ursi is traditionally used to:

- ✓ Support a **healthy bladder**
- ✓ Support **healthy urinary tract function**
- ✓ Support **healthy mucosal surfaces in the urinary tract***

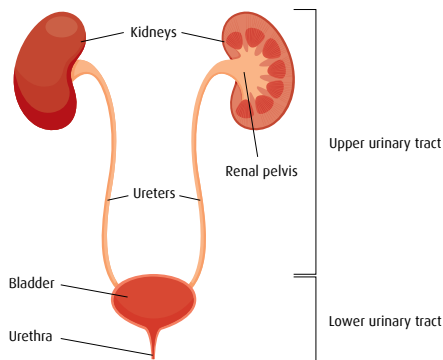
Crataeva is traditionally used to/as:

- ✓ A **bladder tonic**
- ✓ Support for a **healthy urinary tract function**
- ✓ Support for a **healthy bladder***

MediHerb® Cranberry Complex a specific formulation to support the urinary tract and its normal functions. It contains Cranberry fruit juice concentrate, herbal extracts of Crataeva stem bark and Uva Ursi leaf, and Buchu leaf essential oil.

The formula's 'hero' ingredient, Cranberry, is indigenous to the North American continent and well known for its modern-day and traditional uses for urinary tract health, especially in women. Combined with Crataeva, Uva Ursi and Buchu, Cranberry Complex provides added benefits such as bladder toning and mucus membrane-supporting effects.*

Figure 1 | The Urinary System



M1230 60 Tablets

2.5 G
CRANBERRY
(FRESH, EQUIV.)
PER TABLET

SUPPORTS HEALTHY
URINARY TRACT &
BLADDER FUNCTION*

SUPPORTS
HEALTHY MUCOSA
OF THE URINARY
TRACT*

Suggested Use:

1 tablet 3 - 4 times daily, or as directed.

Supplement Facts

	Amount per Serving	%DV
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	37 mg	2%
Crataeva stem bark 8:1 extract from <i>Crataeva nurvala</i> stem bark 1.0 g	125 mg	†
Uva Ursi leaf 2:1 extract from <i>Arctostaphylos uva-ursi</i> leaf 500 mg	250 mg	†
Cranberry fruit juice 25:1 powder from <i>Vaccinium macrocarpon</i> fruit fresh 2.5 g	100 mg	†
Buchu (<i>Agathosma betulina</i>) leaf essential oil	12 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium hydroxide and magnesium stearate.

Caution: Contraindicated in kidney disease. Contraindicated in pregnancy and lactation.

Maintaining the Health of the Urinary System

The urinary system is an essential body system that filters the blood and removes wastes and excess fluids from the body. It consists of the upper and lower urinary tract; the kidneys and ureters are in the upper tract, and the bladder and the urethra are in the lower tract. Urine produced by the kidneys flows through the ureters to the bladder where it is stored before it passes through the urethra to exit the body (see Figure 1).¹

Moreover, the internal surfaces of the urinary system such as the bladder, are lined with a protective layer of mucus-secreting cells (also known as mucus membranes or mucosa). These form a physical barrier and provide important defense mechanisms against harmful substances that may pass through.²

In order to maintain the health of the urinary system, it is essential to support its mucosal surfaces and overall normal day-to-day functions.

How Cranberry Complex Supports Your Health



The American **Cranberry** (*Vaccinium macrocarpon*) has gained much attention in the research world over the past two decades for its positive health effects on the urinary tract,³⁻⁶ especially in women.⁵ It works in a unique way by supporting the mucus membranes that line and protect the urinary tract, including the bladder.^{7,8} Moreover, its health benefits were already known to Native Americans and the early European settler who used the berries in traditionally ways to support normal bladder and kidney function.^{3,7} As such, Cranberry is a fitting example of a herbal preparation with both traditional and modern-day evidence on urinary tract support, especially in females.^{9*}



Uva ursi or 'Bearberry' leaf is another herb with a long history of traditional use for the entire urinary system and its associated organs^{3,10,11} and passages.^{10,11} It is found in central and northern Europe and North America, and has been known for its health benefits since the 13th century.¹⁰ One of the more specific traditional applications of Uva Ursi is for the mucus membranes of the urinary system, such as the bladder wall, which it is said to soothe and tone.^{12*}



Crataeva, also known as Varuna, has been used in India for many centuries due to its special affinity with the urinary tract, especially the bladder and kidneys.¹³⁻¹⁵ Traditional Ayurvedic practitioners particularly value the bark of Crataeva as a bladder tonic¹³ and to help support the normal waste clearing functions of the urinary system.^{13,14*}

References

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Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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