



WWW.QNUTRAPHARMA.COM



ESSENTIALS

CRANBERRY 10000

Vitamin C contributes to a normal Immune system and vitamin E for the protection against oxidative stress.

Nutritional Information

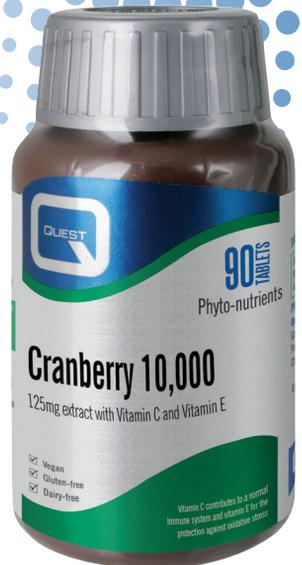
One Tablet provides:

		*%NRV
Cranberry extract containing 37,5mg proanthocyanidins	125 mg	
Vitamin C 26.23mg d- tocopheryl acetate 700	160 mg	200
Providing vitamin E	12 mg	100

*NRV = Nutrient Reference Values

As a food supplement take one to four tablets daily with food. Swallow with water.

For maintenance, take one to two tablets daily.
For acute phases take four tablets daily.



SUMMARY

- With 3 active ingredients
- With vitamin C for immune system support
- With vitamin E to support the healing of the delicate mucous membranes
- Easy all in one formula

DESCRIPTION

A specialist nutrient and botanical combination designed for use for sufferers of urinary tract infections, bacterial vaginosis and yeast vaginitis. Cranberry is a well-established botanical of the treatment of urinary tract infections. It works to prevent the adhesion of E.coli to the urinary tract wall, and facilitates E.coli being washed out with urine flow. The added vitamin C aids the immune system in fighting infection and the vitamin E works to protect and regenerate the delicate mucous membranes. Cranberry, vitamin C and E may be used in cases of recurring infections to avoid overuse of conventional medications such as antibiotics.

HOW DOES CRANBERRY 10000 SUPPORT A HEALTHY URINARY TRACT?

Risk factors: Urinary tract infections are common place. Although mostly associated with females due to anatomical differences and higher risk factors, they do also present in males. Up to 20% of females will experience a urinary tract infection at some time in their life¹. Infections in males are usually due to abnormalities or complications of other pathologies. Risk factors include diabetes and the presence of a catheter.

Complications: If the immune system is not supported and a urinary tract infection is not resolved quickly, it has the potential to spread to other tissues and in the worst case, cause scarring on the kidneys. Prudent antibiotic prescribing is a key component of the UK's action plan for reducing antimicrobial resistance according to the UK NICE guidelines¹. Natural medicine such as that of cranberry, vitamin C and E should be the first point of use in mild infection cases, and as a preventative measure.

Cranberry

Anti-adhesion properties: Cranberry has a well-established role in the prevention of urinary tract infections^{2,3,4}. Research suggests that consuming cranberry products may prevent adhesion of certain harmful bacterial strains, thereby interfering with the important initial steps in the infection process^{5,6,7}. Additional research has also focused on proanthocyanidins, contained in cranberry, as providing the urinary anti-bacterial, anti-adhesion properties of cranberry^{8,9}. A recent study established that a daily intake of 72mg of proanthocyanidins in cranberry extract provided protection against bacterial adhesion and viral activity in the urinary tract¹⁰.

Vitamin C

Immune support: Vitamin C is required for the proper function of Natural Killer T and B cells. One study showed that vitamin C was able to increase Natural Killer T and B cell function by 10 fold. The patients had the immune cells suppressed by toxins, and vitamin C completely restored immune function¹¹.

Antioxidant: Another mode of action of vitamin C on the immune system is its electron donation and powerful antioxidant status¹². It is essential for the immune system that our oxidants are kept in check to prevent an excessive amount of reactive oxygen species (ROS) from damaging the immune cells¹³. One study reported that vitamin C enhances glutathione recovery after an oxidative challenge¹², protecting our body from oxidative damage even further. During an infection, there are increased levels of oxidants that contribute to the inflammation of tissues that must be effectively managed in order for a quick recovery.

Vitamin E

Protection and healing: Vitamin E is well-known for its antioxidant and membrane protective properties. Vitamin E is found in large quantities in every cell membrane and adequate amounts need to be supplied to tissues for recovery and healing. One placebo-controlled study looked at vitamin E supplementation alongside antibiotic use for the management of pyelonephritis (bacterial kidney infection) in 152 girls. The vitamin E group had significantly less fever, urgency, dribbling and urinary incontinence. Although vitamin E did not affect bacteria count, it did make a massive difference to comfort and quality of life¹³.

HOW SHOULD CRANBERRY 10000 BE TAKEN?

For maintenance, (those prone to infections, but not with a current infection) take one to two tablets daily.

For acute phases (active infection) take four tablets daily.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING CRANBERRY 10000?

This product is intended exclusively for those with recurrent or active urinary tract infections, and is not suitable for:

- Children

Consult your midwife or doctor before using during pregnancy and breastfeeding.

FEATURES

- 3 Active ingredients
- Easy all in one formula
- For maintenance and acute phases

HEALTH NEEDS



WOMEN'S HEALTH



PREGNANCY AND
FERTILITY



MENOPAUSE

SCIENTIFIC REFERENCES

1. NICE Guidelines 2014
2. Health promoting properties of fruit and vegetables. 2011
3. Proc Nutr Soc. 2000 Nov;59(4):595
4. Adv Exp Med Biol. 1981;135:93-106.
5. Marco 2014
6. Antimicrobial agents and chemotherapy. 1989; 92-98
7. New England Journal of Medicine. 1991
8. Photochemistry. 2005; 66:2281-2291
9. The Journal of Urology. 2007; 2357-2360
10. BMC Infectious Diseases. 2010; 10:94
11. Immunopharmacology. 1997; 19(3):291-312
12. The Journal of Biological chemistry. 2007; 282:21:15506-15515
13. Iranian Journal of Kidney Diseases. 2015; 9:2

