

Cranberry

Botanical name: *Vaccinium macrocarpon*

Energetics/Actions: Bitter, sour, cold, astringent, antioxidant, anti inflammatory, antimicrobial, diuretic

Description

Historically, cranberry fruit has been used as food by Indigenous tribes of the northeastern US. It began to be used as medicine for urinary tract infection (UTI) in the mid-19th century, when it was discovered that eating cranberries produces a bacteriostatic acid in the urine. Cranberries are a source of vitamin C, E and potassium. Cranberries also increase the absorption of vitamin B12.



Uses

UTI prevention: Using cranberry reduces the risk of UTIs. *Good evidence.

Dose

Juice: Three 8 oz glasses of *unsweetened* juice a day

Tablet: 1 tablet (300-400 mg) 2 times a day

Safety Information

No known contraindications. Use with caution in people with a history of kidney stones.