

Cranberry Complex

M1210

Quality is our Passion
 Passion Flower (*Passiflora incarnata*)

Cranberry Complex

Cranberry Complex is a unique combination of Cranberry fruit juice concentrate, Crataeva stem bark, Uva Ursi leaf and essential oil of Buchu leaf.*

Urinary system: filters, tubes and a storage tank

The urinary system consists of:^{1,2}

- two kidneys (act like filters, taking waste out of the blood)
- two ureters (tubes from kidneys to the bladder)
- bladder (like a storage tank designed to hold the urine)
- urethra (tube from bladder to outside the body)

One of the jobs of the urinary system is to remove wastes and excess water. The kidneys do this by making urine. Urine is moved to and stored temporarily in the bladder before being removed from the body. An external sphincter (ring of muscle acting as a valve), which is controlled by the conscious part of the brain, surrounds the urethra.^{1,2*}

Healthy urinary system: clean surfaces, good defenses, good tone

The urinary tract ends on the body surface (outside the body) and so can never be sterile throughout its length. When the urinary tract is normal and defense mechanisms are intact the urinary system is healthy.^{3,4*}

Much of the urinary system, including the bladder, possesses a highly specialized epithelium which is a barrier to urine. (The epithelium is like a lining.) Regular and complete emptying of the bladder, as well as a healthy epithelium is important in maintaining a healthy urinary tract and helps maintain mucosal defense mechanisms.^{1,3*}

How Cranberry Complex Keeps You Healthy

Encourages healthy urinary tract tissue and function

In 1995 researchers at the University of Michigan School of Public Health reported that regular consumption of Cranberry juice by women was associated with maintaining a healthy urinary tract.^{5*}

A statistical analysis of the results of randomized, controlled clinical trials was conducted in 2004. It found that on the basis of the two most rigorous trials, Cranberry preparations support a healthy urinary tract when taken for a period of 12 months.⁶ The use of Cranberry preparations became popular in the 1920s when American scientists showed that urine became more acidic after eating large amounts of cranberries. It was thought that acidic urine would help keep the urinary tract healthy. However, more recent research indicates that this is not the case.⁷⁻⁹ Instead, Cranberry preparations may help the epithelium of the urinary tract stay healthy.^{7*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	40 mg	4%
Crataeva stem bark 8:1 extract from <i>Crataeva nurvala</i> stem bark 1.0 g	125 mg	†
Uva Ursi leaf 4:1 extract from <i>Arcostaphylos uva-ursi</i> leaf 500 mg	125 mg	†
Cranberry fruit juice concentrate 25:1 from <i>Vaccinium macrocarpon</i> fruit fresh 2.5 g	100 mg	†
Buchu (<i>Barosma betulina</i>) leaf essential oil	12 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, magnesium hydroxide, silica and sodium starch glycolate.

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

Product No M1210 Content 40 Tablets



Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

A well-designed clinical trial reported in 2006 that Cranberry juice improved overall quality of life in patients who undergone bladder surgery. The results were highly statistically significant when compared to taking placebo.¹⁰

Buchu leaf and essential oil were used by the indigenous people of South Africa for hundreds of years. The therapeutic use of Buchu was taken up by the Dutch settlers and it was introduced into the United Kingdom in 1821.¹¹ Natural clinicians use Buchu and Uva Ursi to support healthy urinary tract tissue and function.^{12*}

Crataeva has been used in India for centuries to support healthy bladder function.¹³ It may do this by acting as a bladder tonic and encouraging normal bladder tone and emptying. (Natural clinicians use bladder tonics to improve the tone, vigor and function of the bladder.^{14*})

Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the correct species of plant is used in the product.*

'Buchu' is a traditional South African common name that has been applied to many aromatic herbs and shrubs. So many species can be presented as Buchu for commerce. *Agathosma betulina* is the species preferred for use as therapeutic Buchu. Its essential oil is high in diosphenol (important constituent) and low in pulegone (potential toxin). Although the closely-related *Agathosma crenulata* has been used traditionally as Buchu, it is not suitable for therapeutic use due to the lower diosphenol and higher pulegone contents in the essential oil.^{15*}

What Makes MediHerb Cranberry Complex Unique

Cranberry Complex from MediHerb is unique in the professional herbal products industry because:

- MediHerb's testing ensures that authentic Buchu essential oil is always used, by testing Buchu essential oil raw materials for high concentration of diosphenol (this indicates quality), **and** low concentration of pulegone (potentially toxic, so this indicates safety)

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards
- Unique extraction method using cold percolation for the Uva Ursi and Crataeva components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

References

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- ¹¹ Simpson D. *Scott Med J* 1998; **43**(6): 189-191
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- ¹⁴ Bone K. *Clinical Guide to Blending Liquid Herbs. Herbal Formulations for the Individual Patient*. Churchill Livingstone, USA, 2003.
- ¹⁵ Mills S, Bone K (eds). *The Essential Guide to Herbal Safety*. Churchill Livingstone, USA, 2005.



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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