

Scientific review

Cranberry

It is now well known that some fruits and vegetables can help in the prevention of cardiovascular, inflammatory and chronic diseases such as diabetes. They can also prevent bacterial and viral infections.

A diet rich in antioxidant and phenol compounds is a natural approach that helps prevent the development of illnesses. The antioxidants have the ability to inhibit the cancer cell growth at an early stage.

Nutra Canada extracts are natural, accessible and affordable. They are a great solution to increase bioactive compounds intake and benefit from their protection.

Cranberry

Cardiovascular risk reduction

Strong antioxidant power

Anti-inflammatory properties

Cancer cell growth inhibitor

Urinary tract infections prevention

Anti-diabetic properties

Antibiotic and anti-viral properties

Cranberry health benefits

Cranberries are used for prevention of urinary tract infections. The proanthocyanidins (PAC), an important active agent from cranberry, provide protection by preventing the bacterial adhesion to the urinary tract system. It is proven that cranberry juices and extracts can reduce the incidence of urinary tract infections in women.

Cranberries high-density molecules can prevent stomach ulcers by disabling the adhesion of *Helicobacter pylori*, bacteria associated with ulcer formation. Cranberries increase the protection against dental plaque by disabling the adhesion process of bacteria on teeth.

Cranberry juices and extracts have the ability to inhibit the cancer cell growth at an early stage. Positive health impacts were shown in various cancers such as : stomach, prostate, intestine, breast, skin, brain, lungs, mouth, ovaries, liver and leukemic cells.

In vivo studies show that cranberry extracts reduce the LDL oxidation and have increase the neuronal protection against oxidation.

Cranberries have anti-inflammatory properties and have anti-viral effects. Cranberries consumption by diabetic patients was efficient to reduce the cholesterol level and reduce the amount of circulating insulin.

«Enjoy a natural health enhancer!»



Cardiovascular risk reduction

Strong antioxidant power

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Anti-inflammatory properties

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Cancer cell growth inhibitor

Effets inhibiteurs sur les cellules cancéreuses de l'estomac, de la prostate, de l'intestin, du sein, de la peau, du cerveau, du côlon, du poumon, de la bouche, des ovaires, du foie et de cellules leucémiques.

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Urinary tract infections prevention

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Anti-diabetic properties

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Antibiotic and anti-viral properties

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Compound	Concentration
Protein (mg/100g)	0,39
Fat (mg/100g)	0,13
Carbohydrate (mg/100g)	12,2
Fibre (mg/100g)	4,6
Vitamin	
Vitamin C (mg/100g)	13,3
Vitamin E (mg/100g)	1,2
Mineral	
Potassium (mg/100g)	85,0
Calcium (mg/100g)	8,0
Magnesium (mg/100g)	6,0
Iron (mg/100g)	0,25
Phenolic compound (mg/g)	17,2
Anthocyanins (mg/g)	3,6

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