



<b>Cranberry - <i>Vaccinium macrocarpon</i></b>	
<b>Description</b>	A native American plant, closely related to the blueberry.
<b>Traditional Use</b>	Cranberries and cranberry juice contain substances that may help to maintain a healthy urinary tract.
<b>Commercial Availability &amp; Dosage</b>	Available as juice, fresh or frozen berries, cranberry concentrate, fresh berries, dried capsules, and tablets. Between 3 to 10 grams per day of cranberry in tablet or capsule form is recommended for a healthy urinary tract <sup>1</sup> .
<b>Precautions / Contra-Indications</b>	None known
<b>Pregnancy &amp; Breastfeeding<sup>1</sup></b>	Cranberry is suitable to be taken during pregnancy and breastfeeding at dietary doses.
<b>Adverse Effects<sup>1</sup></b>	At high doses, gastrointestinal discomfort may occur.
<b>Interactions<sup>1</sup></b>	None known
<b>References</b>	1. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.