
CRANBE (Cranberry)

COMPOSITION

Each serving (soft gelatin capsule) contains (Approx.):

Cranberry Powder 300 mg.

Ingredients: Soya lecithin, Bees wax, Hydrogenated vegetable oil, Arachis oil, Dibasic Calcium Phosphate anhydrous, Lactose monohydrate, Capsule Shell (Gelatin – Animal Origin), Glycerin, Sorbitol, Class II Preservative (216, 218)

CONTAINS PERMITTED SYNTHETIC FOOD COLOURS (124, 127, 133, 171)

Nutritional Information: (Approx.) / serving (soft gelatin Capsule)

Total Energy : 3.27 Kcal

Carbohydrate : 0.13 g

Protein : 0.17 g

Fat : 0.23 g

DESCRIPTION

Cranberry consists of the fruit of *Vaccinium macrocarpon*, the American cranberry or *V. oxycoccus*, the European cranberry.

Cranberry juice has been reported to reduce the incidence of urinary- tract infections.

CLINICAL PHARMACOLOGY

Pharmacodynamics

Cranberry contains cranberry extract which inhibits E-Coli adhesions, causes urine acidification and has anti-inflammatory and anti-oxidant properties.

INDICATIONS

- (i) As a co prescription along with antibiotic in the treatment of Urinary tract infections
- (ii) Prevention of recurrent Urinary tract infections
- (iii) Catheter-associated UTI
- (iv) Prevention & treatment of UTI during Pregnancy and Lactation

CONTRAINDICATION

Not available

WARNINGS AND PRECAUTIONS

Aspirin allergy: Cranberries contain substantial quantities of salicylic acid, which is also present in aspirin. People who need blood thinners and are prescribed aspirin should avoid consuming too much cranberry juice. Intake of cranberries should also be restricted if you are allergic to aspirin.

Kidney stones: Cranberry extracts contain a significant concentration of oxalate and calcium. This amplifies the chances of developing calcium-oxalate stones and uric acid stones in certain people. Studies have provided evidence that cranberry juice can raise the level of oxalate in the urine by up to 43%.

Cranberry extracts have been used to deodorize urine in some people who have complications in controlling urination, also known as urinary incontinence. The extracts can prevent the urinary catheters from blocking and speed up the curative process of the membrane around the stomach.

Diabetes: Some cranberry juice products are sweetened with extra sugar.

DRUG INTERACTION

Warfarin: Warfarin is used to slow blood clotting. Cranberry might increase how long warfarin is in the body, and increase the chances of bruising and bleeding. Check your blood regularly. The dose of your warfarin might need to be changed.

Medications changed by the liver (Cytochrome P450 2C9 (CYP2C9) substrates)

Some medications are changed and broken down by the liver. Cranberry might decrease how quickly the liver breaks down some medications. Taking cranberry along with some medications that are broken down by the liver can increase the effects and side effects of some medications.

Some medications that are changed by the liver include amitriptyline (Elavil), diazepam (Valium), zileuton (Zyflo), celecoxib (Celebrex), diclofenac (Voltaren), fluvastatin (Lescol), glipizide (Glucotrol), ibuprofen (Advil, Motrin), irbesartan (Avapro), losartan (Cozaar), phenytoin (Dilantin), piroxicam (Feldene), tamoxifen (Nolvadex), tolbutamide (Tolinase), torsemide (Demadex), warfarin (Coumadin), and others.

ADVERSE EFFECTS

Some common side effects are:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue)

OVERDOSAGE

Overdose of cranberries may cause diarrhea.

DOSAGES AND ADMINISTRATION

- i) 1 capsule 2 to 3 times in a day with water as a dietary supplement or as directed by a physician. Not to exceed the stated recommended daily usage.
- ii) Co-Treatment with antibiotics for seven days.
- iii) Chronic UTIs - daily supplement b.i.d for one to three months.

USE IN PREGNANCY AND NURSING MOTHER

Cranberries and cranberry juice are safe to consume during pregnancy and breast-feeding. But don't use dietary supplements that contain cranberry products. It is not known if these are safe to use during pregnancy and breast-feeding.

EXPIRY DATE

Best before 18 months from manufacture

STORAGE

Store in a cool, dry place. Protect from direct sunlight.

PRESENTATION

Blister pack of 10 Capsules

MARKETED BY



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