

# *THE USEFULNESS OF CRANBERRY JUICE*

**By Andrew Osei-Bimpong**  
MSc. Csci. FIBMS, MIHM  
PGDipMgmt

**Senior Chartered Scientist-  
Tiscanlabs**

## TISCANLABS HEALTH GUIDE

Cranberries and Cranberry juice are advantageous in many ways. Firstly there have been numerous studies proving that an intake of the juice may be beneficial to oral health because the juice inhibits growth and biofilm formation of bacterial plaque; thus preventing a host of tooth decay issues and gum diseases.

Cranberry juice is also good for the prevention of recurrent Urinary Tract Infections; a word of caution from summarising these studies is that the juice does not treat an infection but acts as a preventative agent in the recurrence of the infection, especially if the bacterial agent is from the *Candida* genre(Trush) and *E.Coli*. The usual hygiene methods should still be maintained such as emptying the bladder before and after intercourse and correct wiping hygiene after a visit to the toilet.

Cranberry is also an effective antioxidant and helps in the reduction of blood cholesterol. Another word of caution is that the sugar content is high, therefore people with diabetes should be cautious with its consumption and due to its acidity, cranberry should be taken at mealtimes. 300mls a day is enough to keep bacteria at bay.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.