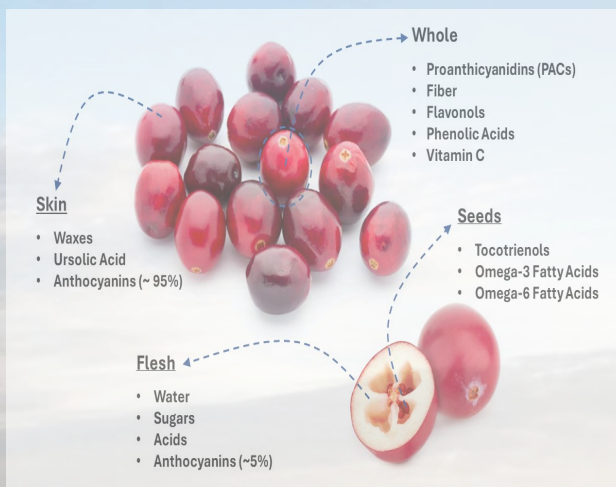




# Mother Nature's Super Fruit



## THE POWERFUL CRANBERRY

Cranberries are one of Mother Nature's superfruits! With powerful nutrients and well-documented health benefits, the cranberry can play an important role in a balanced diet and healthy lifestyle. The healthfulness of the cranberry begins at the farm. Our farmers pour their hearts into growing the fruit every day.

## THE BERRY

This superfruit promotes many unique health benefits from the inside out. Among the more well-known benefits are the antibacterial properties that help prevent certain bacteria from sticking within the body and causing urinary tract infections. The cranberry is also naturally low in sugar and packed with antioxidant polyphenols. In addition, the cranberry contains some essential vitamins, minerals, dietary fiber and more!

## WHOLE BODY HEALTH

Research suggests that there are multiple, powerful elements found within cranberries that are linked to a variety of benefits. Besides helping consumers meet their recommended daily fruit intake, cranberries work hard for your whole body and may help support urinary tract, gut, oral and heart health.

Cranberries aren't only delicious—they're also packed with surprising one-of-a-kind health benefits. Here's what they can do for you.

For more information, please visit <https://www.oceanspray.com/Health>



## ANTIBACTERIAL BENEFITS

Cranberries help to stop bacteria from sticking to cells and the initiation of infection.



## URINARY TRACT HEALTH

Cranberries (*Vaccinium macrocarpon*) are a source of polyphenols, such as flavonoids and phenolic acids that have been described to show beneficial effects against urinary tract infections (UTI). Cranberries, in the form of cranberry beverages and supplements, are the only food to receive a qualified health claim for the reduction of recurrent UTI.



## GUT HEALTH

Cranberries and cranberry products are packed with polyphenols and oligosaccharides which are considered as prebiotics by The International Scientific Association for Probiotics and Prebiotics (ISAPP). Probiotics, which are beneficial bacteria, have been hailed for their support for the immunity and digestion, however, probiotics would not be effective without prebiotics. And probiotics and prebiotics work together to improve gut health.



## HEART HEALTH

Cranberries are an important source of flavonoids, which have a strong antioxidant and anti-inflammatory capacity. Consumption of cranberries or its related products could be of importance, not only in the maintenance of health, but also in heart health.



## ORAL HEALTH

Cranberries are packed with bioactive components such as polyphenols which may help reduce the effect of bad bacteria in the mouth to help maintain overall oral health.

For more information, please visit <https://www.oceanspray.com/Health>