

Using Cranberry Supplement to Prevent Urinary Tract Infection

How does cranberry prevent Urinary Tract Infection? (UTI)?

Cranberries contain proanthocyanidins (PACs), which help keep the urinary tract healthy and prevent infection. Research has shown that a daily dose of 36 milligrams of PACs decreases the risk of having a Urinary Tract Infection.

What is TheraCran® One?

TheraCran® One is a certified cranberry supplement that has been standardized to contain 36 milligrams of PACs in one capsule.

How can I get the right daily dose of PACs?

You can get your daily dose in one of three ways:

- Take one TheraCran® One cranberry supplement once a day,
- Take a different supplement that is standardized to 36 milligrams of PACs per day, or
- Drink 8 to 10 ounces of cranberry juice cocktail (27% juice) a day.

Comparison of TheraCran® One and Cranberry Juice Cocktail

	TheraCran® One Supplement	Cranberry Juice Cocktail
Calories per day	Less than 5	140-180
Grams of sugar per day	0	33
Cost for one month	\$19	\$25-35

We do not recommend drinking artificially sweetened juice because artificial sweeteners are bladder irritants.

How do I order TheraCran® One?

You can order online at: <https://theralogix.com/products/theracran-one-cranberry-capsules> or call (877) 772-9470. Use Provider Code 948109 to get a \$10 discount.

What are the warning symptoms of a UTI?

You may have a UTI if you have any of the following signs and symptoms:

- pain while urinating
- frequent, strong need to urinate
- strong need to go, but not much urine comes out
- blood in your urine
- fever - temperature above 38 Celsius or 100.4 Farenheit

What should I do if I get these symptoms?

Call your doctor right away.

If you are unsure of the number to call, contact Von Voigtlander Women's Hospital Patient Services toll free number at 1-855-589-6626

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