

# 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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