

Cranberry Powder Profile

Also known as

Vaccinium macrocarpon, American Cranberry, Bogberry, and Bog Cranberry.

Introduction

The familiar accompaniment to the American Thanksgiving meal is also one of the most versatile antibacterial herbs. Also anti-asthmatic and diuretic, the cranberry offers side-benefits beyond its traditional use in treating urinary tract infections. Cranberry is a fruit native to North America, with almost 98% of the world supply cultivated in the northern U.S. and Canada. Both indigenous Americans and colonists valued cranberry for its medicinal and nutritional properties. Cranberries are a high value crop, ranking 40th in sales of all cash crops monitored by the USDA's National Agricultural Statistical Service.

Constituents

Arbutin, colorful anthocyanins and their colorless precursors the oligomeric proanthocyanidins, and natural sugars (that you can't taste).

Parts Used

Berry

Typical Preparations

For medicinal use, the powder is best. May be encapsulated or added to sugar-free teas. Most dried and powdered products on the market are freeze-dried and usually contain an anti-caking agent to prevent it from solidifying.

Summary

Since a landmark study in the British Medical Journal, even mainstream medicine has come to accept cranberry juice and cranberry powder as an effective way to treat and prevent urinary tract infections (UTIs) which can be deadly for people who have to use a catheter to pass urine. According to the American Botanical Council Cranberry is helpful in confronting urinary tract infection, including its prevention, treatment, and decreasing the occurrence of kidney stones.

Precautions

None known