

CRANBERRY JUICE

A Daily Boost for Wellness 



**NATURAL
ANTIOXIDANTS**



**URINARY TRACT
SUPPORT***



**HEART & METABOLIC
WELLNESS**

Cranberry juice is rich in **polyphenols** - powerful plant compounds that help protect cells, support urinary tract health, and promote overall wellbeing.



WHY CRANBERRY JUICE?



✓ Contains beneficial **polyphenols** including PACs, anthocyanins, and flavonols.



✓ Polyphenol antioxidants may help **protect cells** from oxidative stress and inflammation.



✓ Supports **urinary tract health*** by helping prevent bacteria from sticking to the urinary tract.



✓ May help support **heart health** by supporting healthy cholesterol balance, blood pressure, and circulation.



✓ May help support **blood sugar balance** and metabolic wellness.

WHAT'S IN 1 CUP (240ml) OF 100% CRANBERRY JUICE?

Nutrient	Amount	Nutrient	Amount
 Energy	72 kcal	 Potassium	176 mg
 Carbohydrates	18 g	 Vitamin K	8.7 mcg
 Sugars	9 g	 Magnesium	10 mg
 Polyphenols	~135 mg	 Fat/Protein	0 g

RECOMMENDED DAILY INTAKE#

36mg PACs daily is recommended for urinary tract support – this translates to a daily recommended intake of:



1 cup (240ml)
of 27% cranberry juice drink



OR
1/3 – 1/2 cup (80–120ml)
of 100% pure cranberry juice



Cranberry juice may help reduce recurrent UTIs but does not treat an active infection (antibiotics are needed for an active infection).



If you are taking blood thinners such as warfarin, consult your healthcare professional before regular use.



For the full article on **Nutrition & Health Benefits of Cranberry Juice**, visit:
www.uscranberriesasean.com/nutrition-health-benefits-of-cranberry-juice

