

# Cranberry

## WHY CAPSULES AND NOT JUICE?

Based on the scientific research available to us, there are a number of reasons why you may not benefit from commercially available cranberry juice.

In its' natural state, cranberry is a very bitter non-palatable substance, the manufacturers therefore sweeten it and add preservatives. Sugar feeds the bacteria which causes a water infection, so many of the juices that you can buy in the supermarket, will actually make an infection worse.

The Vitacare cranberry capsules are a concentrated extract of cranberry - so you only get the active ingredients that are needed for it to

be effective. The cranberries are very carefully spray dried, so that all the natural goodness is preserved, and because it is concentrated, it is a very strong and effective health supplement.



Feel on top of the world with vitacare cranberry capsules

According to American researchers, cranberry works by preventing the most common bacterium (*E. coli*) from adhering to the urinary tract cells. The tests that have been carried out so far, comprised of elderly women patients, but there is good reason to believe that elderly men and young or middle-aged women and men would benefit considerably from this treatment - at any rate it is well worth a try! In the studies referred to, the positive effects occurred within one or two months, which may seem a long time, but that is very typical for mild, safe, but effective agents without side effects.

### GOOD POINTS

- Cranberry is a natural substance which will not interfere with prescription medication.
- Many pregnant women suffer repeated U.T.I.'s, our cranberry capsules are safe for them to take as a preventative measure.
- Taking these capsules could prevent unnecessary use of antibiotics which upsets the natural balance of the immune system.
- The capsules contain no sugar, unlike cranberry juice which can actually prolong the infection.

WHATEVER AGE YOU ARE CRANBERRY CAN HELP YOU LIVE WITHOUT THE DISCOMFORT OF RECURRING BLADDER INFECTIONS.



## HELP AT HAND FOR WOMEN OF ALL AGES SUFFERING BLADDER INFECTIONS

Many women of all ages and walks of life suffer repeated infections of the bladder. This is not down to anything that we do or do not do, but is simply down to our more complex "plumbing system". The female bladder is much shorter than a male one, and so the offending bacteria has a much easier task of reaching the bladder, where the conditions are exactly right for it to breed and cause a

painful infection. Some research shows that those who are more prone usually have several relatives who suffer the same discomfort. However, most of us who do suffer quite a lot are fed up with taking antibiotics over and over again, which leaves us with a corrupted immune system, and more open to common illnesses such as colds and flu. Taking Arbutin cranberry capsules could benefit you immensely if you suffer repeated water infections.

The Danish equivalent to our Department of Health has recently registered our



particular brand as a prevention and treatment against urinary tract infections. However, we do not have the same laws here, so it has to be sold as a food.

## IF YOU ARE ELDERLY OR PREGNANT

Our cranberry capsules are safe to take, even if you are on prescribed medicine, or you are pregnant. Many pregnant women find they are affected by recurring U.T.I.'s, and most do not want to have to take

antibiotics or suffer any more discomfort than they already have with pregnancy. However, a bladder infection puts a strain on the kidneys, and in severe cases can actually cause kidney failure. It is a serious condition which

should not go untreated, but you can take cranberry capsules to prevent the infection from recurring and worsening. If you are in any doubt about taking cranberry capsules, please ask your doctors advice.