

# Cranberry Complex

# Urinary Tract Support

## Indications

- Prevention and treatment of acute and chronic urinary tract infection, dysuria, cystitis, urethritis and prostatitis
- Relief of the pain and burning sensation associated with cystitis
- Incontinence, enuresis
- Prevention and the treatment of kidney stones
- Improvement of urine odor, urinary tract mucus production and peristomal skin conditions in patients who have undergone urinary tract surgery or in those who are immobilized or catheterized
- Benign prostatic hyperplasia

## Dosage

Acute	Chronic	Prophylactic
2 tablets 3 to 4 times daily	1 tablet 3 to 4 times daily	1 tablet 2 to 3 times daily

**Cautions and Contraindications:** Contraindicated in kidney disease. Contraindicated in pregnancy and lactation

## Doctor Commentary and Anecdotes

- This is a really great formula for urinary tract infections at all stages - acute, chronic and prophylactic
- It works well for the treatment of prostatitis, particularly when combined with ProstaCo capsules. I also combine it with ProstaCo capsules for the treatment of urinary retention in benign prostatic hyperplasia
- The herbs in Cranberry Complex tablets can be beneficial for bedwetting and could be combined with Nevaton to support nervous function
- Due to the presence of Crataeva this formula has a bladder toning activity. Improving bladder tone in a person with a urinary tract infection will improve bladder emptying, thus aiding the elimination of the infective organisms
- Cranberry prevents infective organisms from adhering to the bladder wall which further helps to eliminate them from the body
- In patients with persistent chronic urinary disorders you can see results within a few weeks using Cranberry Complex tablets
- It can also be used for the treatment and prevention of kidney stones
- An elderly patient had a recurring urinary tract infection which occurred every month for 6 months and had taken copious amounts of antibiotics. She was going overseas in 6 weeks and wanted to be rid of the problem before this. She was given Cranberry Complex tablets. Two weeks later she came back very impressed - the discomfort had gone. She remained on the tablets for 3 months. She has now been symptom free for over a year
- A 45-year-old female presented with recurrent urinary tract infections, rheumatoid arthritis and long-standing asthma that required frequent inhaled steroids. Her joints and asthma were worsened by any urinary tract symptoms. Treated with antibiotics on several occasions she consistently relapsed. She was prescribed Cranberry Complex tablets at a dose of 2 tablets twice daily for 4 weeks, then 1 tablet twice daily as maintenance. She had no further urinary tract infections; her arthritis is stable and need for analgesics have significantly decreased. Her asthma is very manageable with only a morning dose of steroid inhalers, whereas previously she needed them 2 to 3 times daily

## Synergistic Products

- **Echinacea Premium OR Andrographis Complex tablets** - immune support for the treatment and prevention of urinary tract infections
- **UriCo Phytosynergist liquid** - for urinary antiseptic and demulcent activity
- **ProstaCo capsules** - for urinary tract problems in mature aged men
- **Gotu Kola Complex tablets** - for tissue healing and repair, particularly for postmenopausal women