



**MAXIMUM CONCENTRATE  
CRANBERRY COMPLEX 500 mg**

UPC CODE 0 646420 2163 2

NPN# 80027158

**NATURAL HEALTH PRODUCTS  
DIRECTORATE (NHPD) CLAIMS:**

**Jamieson Maximum Concentrate Cranberry Complex 500 milligrams (mg) is approved for the following NHPD claims:**

- Helps prevent recurrent urinary tract infections in women

**GENERAL INFORMATION**

Cranberries (*Vaccinium macrocarpon*) are native to North America and were consumed as food by the local native Americans for centuries before the arrival of the Pilgrims. Drinking cranberry juice then became a traditional method used by the newcomers to prevent urinary tract infections (UTIs).<sup>1</sup> A UTI is typically caused by an overgrowth of *E. coli* and other bacteria in the upper urinary tract (bladder), and includes uncomfortable symptoms such as pain, itching, and a burning sensation during urination.<sup>2,3</sup> However, the drinking of commercial cranberry juice products to treat a UTI typically includes the ingestion of unwanted calories, artificial preservatives, colours, flavours, sodium and refined sugar. Cranberry 250 mg from Jamieson Laboratories is recommended for women who experience frequent bladder infections, and it contains all of the health benefits of cranberries without the disadvantages associated with juice.

In addition, cranberries contain naturally occurring compounds called proanthocyanins, which possess antibacterial activity. These proanthocyanins work by inhibiting bacterial adhesion to the cells lining the bladder and urinary tract.<sup>4</sup> Cranberry is able to prevent adhesion of antibiotic susceptible and resistant forms of *E. coli* bacteria.<sup>4</sup>

A randomized, placebo-controlled trial published in the Journal of the Spanish Society for Microbiology found that cranberry juice and cranberry extract supplements

significantly decreased the number of women having at least one symptomatic UTI yearly.<sup>1</sup>

Jamieson Maximum Concentrate Cranberry Complex 500 mg is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Maximum Concentrate Cranberry Complex 500 mg from Jamieson Laboratories different....and why does that difference mean better?

- 1) Each capsule is derived from fresh, pure cranberry concentrate, and offers a natural alternative to juice without any of its nutritional disadvantages.
- 2) It is formulated using cranberry extract and D-Mannose. These ingredients work together to support healthy bladder function by preventing the adherence of bacteria to the bladder wall and urinary tract.
- 3) Only 2 capsules daily required.
- 5) Our premium formulations are manufactured using the 360 Pure Process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

**INGREDIENT INFORMATION**

Available as 60 capsules.  
 Each capsule contains:  
 Cran-Max™ Cranberry .....450 mg  
 (*Vaccinium macrocarpon*, fruit)  
 D-Mannose (Glucose) ..... 50 mg

**EXCIPIENTS**

Dicalcium Phosphate, Vegetable Magnesium Stearate, Silica, Calcium Silicate, Gelatin.

**DIRECTIONS**

Adults: Take 2 capsules daily. Use for a minimum of 4 weeks to see beneficial effects. Store between 15°C-25°C, away from children.

**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative.



## INDICATED BENEFITS

- Support of a healthy urinary tract
- Prevention of recurrent urinary tract infections

## NUTRIENT INTERACTIONS

### Drug Interactions

Avoid taking this product with Warfarin or Uva ursi.

### Nutrient Depletions

None known when taken as directed.

### Supportive Interactions

Water and Vitamin C work in conjunction with cranberry extract to speed recovery from a UTI. Cranberry provides support for individuals taking lansoprazole (Prevacid<sup>®</sup>) and omeprazole (Losec<sup>®</sup>).

## WARNINGS AND PRECAUTIONS

Consult a healthcare practitioner prior to use if you have a history of kidney stones, or if taking blood thinners. Consult a health care practitioner if symptoms persist or worsen.

## TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Cranberry supplements may cause loose stools in some individuals. Discontinue use if this occurs.

## REFERENCES

1. Stothers L. (2002). A randomized trial to evaluate effectiveness and cost effectiveness of naturopathic cranberry products as prophylaxis against urinary tract infection in women. *Canadian Journal of Urology*, 9:1558–62.
2. Sobota AE. (1984). Inhibition of bacterial adherence by cranberry juice: potential use for the treatment of urinary tract infections. *Journal of Urology*, 131:1013–6.
3. Schmidt DR, Sobota AE. (1988). An examination of the anti-adherence activity of cranberry juice on urinary and non-urinary bacterial isolates. *Microbios*, 55:173–81.
4. Howell AB. (2007). Bioactive compounds in cranberries and their role in prevention of urinary tract infections. *Molecular Nutrition and Food Research*, 51(6): 732-7.

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