



Cranberry Urinary Tract Health AZO

Quick Reference Guide

Product Name	AZO Cranberry® Urinary Tract Health
Indications and Usage	AZO Cranberry® is a daily dietary supplement that provides a whole fruit cranberry (<i>Vaccinium macrocarpon</i>) extract, Pacran®, to help maintain urinary tract health.*
Dosage and Administration	Take two caplets, two softgels daily with water, or chew two gummies.
Storage and Handling	Store at room temperature (59°– 86°F). Store in a cool, dry place and protect from light.
Clinical Profile	Cranberries contain several key compounds which appear to be effective in maintaining urinary tract health. Proanthocyanidins and other important compounds such as phenolics, organic acids, fibers, fatty acids, proteins, and sugars are key to supporting a healthy urinary tract. Studies have demonstrated that cranberries appear to interfere with the adhesion of potentially uropathogenic <i>Escherichia coli</i> to the uroepithelium, ² helping these bacteria to be more readily flushed from the urinary tract. A 500mg daily dose of Pacran® has demonstrated anti-adhesion activity of <i>E.coli</i> to urinary tract cells. ¹ A reduction in incidence of urinary <i>E.coli</i> infections was demonstrated in clinical studies supplementing participants with a daily dose of Pacran. ^{3,4*}
How Supplied	Supplied in either caplets, softgels or gummies containing 250 mg of whole cranberry fruit powder (Pacran®). 50 count caplets are supplied in blisters, 100 count softgels in a bottle and 40 or 72 count gummies in a bottle.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

¹ Howell, A., "Assessment of bacterial anti-adhesion activity of Pacran® in human urine against P-type uropathogenic *Escherichia coli*. A randomized, placebo-controlled, ex vivo, double-blind, crossover trial" Associate Research Scientist, Rutgers University, 2012

² Howell, A. "Bacterial Anti-adhesion Activity of Human Urine Following 27% Cranberry Juice Cocktail vs. Pacran® Capsule Consumption," presented at ACS 2009 Annual Meeting - February 24, 2009 Amy Howell, Ph.D., Associate Research Scientist, Rutgers University.

³ Sengupta et. al., "A Randomized, Double Blind, Controlled, Dose Dependent Clinical Trial to Evaluate the Efficacy of a Proanthocyanidin Standardized Whole Cranberry (*Vaccinium macrocarpon*) Powder on Infections of the Urinary Tract", Current Bioactive Compounds, Volume 7, Number 1, March 2011, pp. 39-46(8)

⁴ Vostalova, et al. "Are High Proanthocyanidins Key to Cranberry Efficacy in the Prevention of Recurrent Urinary Tract Infection?." Phytotherapy Research 29.10 (2015): 1559-1567.

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