

Cranberry

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CRANBERRY - VACCINIUM MACROCARPON Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section. (PDF Version - 118 KB) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant. Date September 29, 2022 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation(s) Vaccinium macrocarpon American cranberry Cranberry Large American cranberry Large cranberry Vaccinium macrocarpon Fruit Fresh References: Proper name: USDA 2018, McGuffin et al. 2000; Common names: McGuffin et al. 2000, Wiersema and Léon 1999; Source information: Jepson and Craig 2008, Mills and Bone 2005, Stothers 2002, Upton 2002, Siciliano 1996. Route of Administration Oral Dosage Form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Source of/Provides antioxidants (Valentenova et al. 2007; Ruel et al. 2005; Upton 2002). (Traditionally) used in Herbal Medicine to help prevent (recurrent) urinary tract infections (UTIs) (in women) (Barnes et al. 2007; Bruyère 2006; Mills and Bone 2005; Blumenthal et al. 2003; Bodel et al. 1959). Helps prevent (recurrent) urinary tract infections (UTIs) (in women) (Jepson and Craig 2008; Stothers 2002; Walker et al. 1997; Avorn et al. 1994). Note Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda". Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Antioxidant Methods of preparation: Fresh, Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) Not to exceed 30 grams of fresh fruit, per day (Valentenova et al. 2007; Upton 2002). -Method of preparation: Juice, concentrated juice Not to exceed 950 milliliters of fruit juice, per day (Ruel et al. 2005; Blumenthal et al. 2003; Stothers 2002). (Recurrent) urinary tract infection Methods of preparation: Fresh, Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 10 - 30 grams of fresh fruit, per day (Mills and Bone 2005; Upton 2002; Walker et al. 1997). Method of preparation: Juice, concentrated juice 90 - 950 milliliters of fruit juice, per day (Blumenthal et al. 2003; Stothers 2002; Avorn et al. 1994). Direction(s) for use No statement required. Duration(s) of Use Antioxidant No statement required. (Recurrent) urinary tract infection Use for at least 4 weeks to see beneficial effects (Jepson and Craig 2008; Blumenthal et al. 2003; Walker et al. 1997; Avorn et al. 1994). Risk Information Caution(s) and warning(s) All products Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have a history of kidney stones (Gettman et al. 2005; Terris et al. 2001). Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners (Brinker 2010; Aston et al. 2006; Rindone and Murphy 2005; Grant 2004). (Recurrent) urinary tract infection Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Contraindication(s) No statement required. Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations (NHPR). Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. References Cited Aston JL, Lodolce AE, Shapiro NL. 2006. Interaction between warfarin and cranberry juice. *Pharmacotherapy* 26(9):1314-1319. Avorn J, Monane M, Gurwitz JH, Glynn RJ, Choodnovskiy I, Lipsitz LA. 1994. Reduction of bacteriuria and pyuria after ingestion of cranberry juice. *Journal of the American Medical Association* 271(10):751-754. Barnes J, Anderson LA, Phillipson JD. 2007. *Herbal Medicines*, 3rd edition.

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MEDICINAL INGREDIENT(S)

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations (NHPR).

DOSAGE FORM(S)

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

RISK INFORMATION

Caution(s) and warning(s) All products Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have a history of kidney stones (Gettman et al. 2005; Terris et al. 2001). Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners (Brinker 2010; Aston et al. 2006; Rindone and Murphy 2005; Grant

2004). (Recurrent) urinary tract infection Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations (NHPR).

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations (NHPR).

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID.

REFERENCES

Route of Administration Oral

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Vaccinium macrocarpon	American cranberryCranberryLarge American cranberry	Vaccinium macrocarpon	Fruit	Fresh