

## NATURAL HEALTH PRODUCT

### CRANBERRY – *VACCINIUM MACROCARPON*

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)
<i>Vaccinium macrocarpon</i>	<ul style="list-style-type: none"> <li>▶ American cranberry</li> <li>▶ Cranberry</li> <li>▶ Large American cranberry</li> <li>▶ Large cranberry</li> </ul>	<i>Vaccinium macrocarpon</i>	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).

Methods 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).

Methods 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.

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