

Does Cranberry Juice Prevent Urinary Tract Infections?

Research suggests that 8-to-10 ounces of cranberry juice cocktail a day, sweetened with either sugar or artificial sweetener, can reduce urinary tract infections by 50%, says Amy Howell, an associate research scientist at Rutgers University. A chemical in cranberries called proanthocyanidin blocks infections by coating E. coli, the major culprit, so that it cannot stick to cells in the bladder. "If you prevent the adhesion, the bacteria won't multiply and cause infection," Howell said, refuting recent research results that found cranberry juice was no more effective in preventing bacterial growth in urine than water.

As Reported by The Boston Globe