

## Cranberry - A Complete General Health Medicine

Cranberries help in promoting the general health of the body. Consuming cranberry capsules provides various significant benefits to our body.



### Nutritional Value of Cranberry:

Cranberry is a good source of Vitamin C. It is a phytonutrient (helps prevent various diseases and maintains the proper functioning of a body) and rich in antioxidant (inhibits oxidation of other molecules that might damage healthy cells). It is a source of polyphenols such as proanthocyanidins, flavonols, and quercetin. As well it contains dietary fiber, Vitamin E, Vitamin K and pantothenic acid (Vitamin B5). This nutritional value of cranberry makes it a [healthy herbal supplement](#).

### Benefits of Cranberry to human health:

- Prevents Urinary tract and bladder infections
- Improves the immune system
- Reduces the risk of kidney stones
- Protects against respiratory problems, heart diseases, and cancer
- Detoxifies the body

- Enhances digestive system
- Anti-inflammation

### **How cranberry helps to function of human health properly:**

The antioxidants in cranberries protect our cells from free radical damage and thus act as a health promoter. Urinary tract infection (UTI) and bladder infections are most common among women. The Vitamin C, proanthocyanidins & flavonols in cranberry play a major role in preventing urinary and bladder infections. Cranberry is effective in treating UTI as it prohibits the bacteria from adhering to the urethra and bladder.

The antioxidants and phytonutrients in cranberries heal heart diseases and help proper working of blood vessels. The quercetin in cranberry helps reduce inflammation. Cranberry also protects against cancer. In addition, the dietary fiber in cranberries helps maintain the legitimate digestive system. All these medicinal values make cranberry best [organic herbal supplement](#).

### **HerbaNutrin – About Us:**

HerbaNutrin's [neutraceutical products](#) serve as the [best quality herbal supplements](#). We are neutraceutical suppliers in the USA. We offer various [natural health supplements](#) for general health, bones and joints, women's health and insomnia. Our **organic herbal supplements** can be purchased online. **Buy herbs online** with HerbaNutrin.

### **Cranberry Supplements:**

HerbaNutrin's [Cranberry tablets 5000mg](#) are the [best cranberry supplement for UTI prevention](#). These **cranberry capsules** are a rich source of Vitamin C and Antioxidants. Also, it nourishes and supports the immune system. Helps protect from urinary tract infection, cardiovascular problems, cancer, remove kidney stones, detoxification of the body. A bottle costs \$20.00. In addition this [cranberry extract supplements](#) when bought as a package saves dollars. *2 bottle costs \$34.00, 3 bottle costs \$45.00 and 6 bottle costs \$75.00.*

**Recommended Intake:**

**Cranberry tablets** being a common health medicine can be consumed by both genders above 12 years of age. You can intake 1 caps 2 times a day either in the morning or evening after food. Thus Cranberry pills serve as complete general health medicine.

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