

NUTRITION HORIZON

New Evidence for Efficacy of Whole Cranberry Powder PACran in the Prevention of Recurrent UTI

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Summary:The randomized, double blind, controlled, dose dependent 90-day study examined the efficacy and safety of two doses of PACran (500 mg & 1000 mg/day) against recurrent urinary tract infections (UTI).

4/5/2011 --- Lallemand Health Ingredients (LHI) and Decas Botanical Synergies (DBS), a subsidiary of Decas Cranberry Products, Inc., have announced the publication of PACran clinical study in the peer-reviewed journal Current Bioactive Compounds, by Sengupta, Alluri et al. This publication(1) substantiates the efficacy of the daily consumption of 500 mg premium PAC-standardized whole cranberry powder PACran in the prevention of recurrent urinary tract infections (UTI), a health problem that affects millions of people in the world. PACran remains the first and only PAC-standardized whole cranberry powder with clinical documentation.

The randomized, double blind, controlled, dose dependent 90-day study examined the efficacy and safety of two doses of PACran (500 mg & 1000 mg/day) against recurrent urinary tract infections (UTI). Sixty women were included in the study, all with a history of recurrent UTI and confirmed for the presence of Escherichia coli and mild symptoms of UTI at the time of the study.

First of all, 40% of women from the treatment groups reported complete relief and remission from urological symptoms such as itching and burning sensation during micturition and frequent urination. No symptomatic relief was reported in the control group.

These observations were supported by urine culture analysis showing between 25 and 45% reduction of subjects with confirmed E. coli load after 10 days of treatment. This effect was persistent over the 90-day treatment period. On the other hand, there was no significant change in the bacterial load of the untreated group at the end of the 90 days study.

The authors conclude that PACran is effective in reducing the number of E. coli positive subjects and in ameliorating the symptoms of UTI in these subjects and that "PACran can be considered as an adjunct to antibiotic prophylactic therapy against recurrent UTI".

The significant clinical results are supported by a trial performed at Rutgers University (New Jersey) on healthy individuals, showing that the consumption of 500 mg PACran conferred the same level of ex vivo urinary anti-adhesion activity against uropathogenic E. coli over a 24-hour period as 300 ml of Cranberry Juice Cocktail containing 36 mg Proanthocyanidines.

Julie Rosenborg, Product manager for Cranberry Ingredients for Lallemand Health Ingredients

commented: “Given the many different methods used for quantifying PACs in cranberry ingredients, we believe companies planning to launch a quality cranberry supplement with beneficial effect on urinary tract health will increasingly focus on the available documentation when sourcing their cranberry ingredient”. She continues: “The substantial size of the UTI market means Cranberry products often have substantial strategic importance and companies are seeking a serious partner to collaborate with them in their communication efforts towards consumers, doctors and pharmacists”.

Dan Souza, Director of Sales and Marketing for Decas Botanical Synergies added: “PACran provides the most cost effective clinically supported dose of cranberry to the market. These published results, coupled with other human studies conducted at Rutgers University have shown that a daily consumption of 500 mg of PACran helps support urinary tract health”. He concluded: “Our Company is committed to clinical substantiation of our products and we will continue to set the bar in the market for cranberry nutraceuticals.”

PACran is the cranberry constituent in Lallemand’s innovative probiotic & cranberry combination product - Cysbiotic, – targeted at women health. Associating the documented probiotic strain *Lactobacillus Rhamnosus R-11* and PACran in a capsule stable at room temperature, Cysbiotic is recommended to support urinary tract health and improve gastrointestinal health.

(1) K. Sengupta, K.V. Alluri, T. Golakoti, G.V. Gottumukkala, J. Raavi, L. Kotchrlakota, S.C. Sigalan, D. Dey, S. Gosh and A. Chatterjee, A Randomized, Double Blind, Controlled Dose Dependent Clinical Trial to Evaluate the Efficacy of a Proanthocyanidines Standardized Whole Cranberry (Vaccinium Macrocarpon) Powder on Infections of the Urinary Tract. Current Bioactive Compounds, Volume 7, Number 1, March 2011 pp. 39-46