



Completely Cranberry

Nature's Harmony® Completely Cranberry helps maintain a healthy urinary tract. It contains a base of 100% fruit solids. One capsule provides the equivalent of 17,500 mg of cranberry fruit.

PRODUCT CODE: 400186

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To help prevent recurrent urinary tract infections.	Capsule	Take one capsule per day, or as recommended by a health care practitioner.

DESCRIPTION:

Made from a base of 100% fruit solids, Nature's Harmony® Completely Cranberry is well tolerated and is suitable as long-term therapy for relief of urinary tract infections and kidney inflammation.

Recommended Daily Allowance: None.

Food Sources: Cranberries.

Causes of Deficiency: Infection by *E. coli* bacteria; STDs.

Symptoms of Deficiency: Urinary tract infections, burning, inflammation, irritation, discoloured or odourous urine.

Complementary Nutrients: Probiotics, Vitamin C.

HOW IT WORKS:

Cranberry is a time-honoured natural treatment and a preventative for urinary tract infections, urinary incontinence and kidney inflammation. Cranberries contain proanthocyanins, which are natural chemicals in cranberries that prevent *E. coli* bacteria from adhering to the walls of the urinary tract. As a result, the bacteria are flushed out with the urine.



DID YOU KNOW...

A urinary tract infection is also called a bladder infection. It is a bacterial infection that affects any part of the urinary tract. Although urine contains a variety of fluids, salts and waste products, it normally does not have bacteria in it. When bacteria get into the bladder and multiply in the urine, it causes a bladder infection.

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RESEARCH:

Studies in Sweden and America have shown cranberry juice to be effective as both a treatment and a preventative for urinary tract infections.

SIDE EFFECTS:

Nature’s Harmony® Completely Cranberry has no known toxicity or serious side effects. Do not use if pregnant or breastfeeding unless on the recommendation of a health care practitioner. Consult a health care practitioner prior to use if you have a history of kidney stones or if symptoms of urinary tract infection persist.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Large quantities of cranberry may cause diarrhea in some individuals.

OTHER CONSIDERATIONS:

Nature’s Harmony® Completely Cranberry is an excellent option to cranberry cocktail, which is often high in sugar and calories.

LABEL:

Natures Harmony®

Complètement canneberge
500 mg

Aide à prévenir les infections urinaires à répétition

60 capsules
NPN 80006337

Usage recommandé : Aide à prévenir les infections urinaires à répétition.
Dose recommandée (adultes) : Prendre 1 capsule par jour. Utiliser pendant au moins quatre semaines pour un effet bénéfique.
Ingédients médicinaux : Chaque capsule contient : Concentré de jus déshydraté de canneberge (*Vaccinium macrocarpon*).....500 mg
Ingédients non médicinaux : cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, gélatine.
Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous avez des antécédents de calculs rénaux. Consulter un praticien de soins de santé si les symptômes persistent. Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soja, sulfites, ni colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.

Natures Harmony®

Completely Cranberry
500 mg

Helps Prevent Recurrent Urinary Tract Infections

60 Capsules
NPN 80006337

Recommended Use: Helps prevent recurrent urinary tract infections.
Recommended Dose (Adults): Take 1 capsule daily. Use for a minimum of four weeks to see a beneficial effect.
Medicinal Ingredients: Each capsule contains: Cranberry (*Vaccinium macrocarpon*) dried juice concentrate.....500 mg
Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.
Risk Information: Consult a health care practitioner prior to use if you take blood thinners or have a history of kidney stones. If symptoms persist, consult a health care practitioner.
This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, or artificial colours, flavours or preservatives.
STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

www.naturesharmony.com
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Une compagnie canadienne fière de l'être.

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