

# HEALTH BENEFITS OF CRANBERRIES



Cranberries are rich in antioxidants! Owing to this fact, they protect against oxidative stress, which causes DNA and cellular components damage. Antioxidant present in cranberries help preventing premature aging and the development of diseases



It has been proven that the chemical composition of cranberries slows down the bacteria growth. The researches showed that cranberries damage about 80% of bacterial strains resistant to antibiotics!



The numerous anthocyanins, flavonoids and vitamin E present in each cranberry fruit are an important factor which helps reducing as well as further development of diseases processed in our body.



The antioxidant potential of cranberries increases when consumed with other fruits, especially apples.



The high content of type A proanthocyanidins protects the urinary system from bacteria “sticking” to the walls of the urethra and the bladder.



Urinary tract infections have been treated with cranberries for many years. Anthocyanidins and quercetin present in cranberries protect against cardiovascular diseases too.



Fresh cranberries and not-sweetened cranberry juice are low in calories, only 49kcal per 100g, which makes them good components of weight-reducing diet.



How about using cranberries in your skincare rituals? Cranberry juice has antibacterial, antifungal, moisturizing and skin firming factors. It supports the supply of vitamins to the skin cells, strengthens the skin's immune resistance, and regulates the pH of the skin.