

# CRANBERRY ABC

**C**ranberries are rich in antioxidants!

These ingredients protect the body against oxidative stress, which damages DNA and promotes premature aging and development of diseases.

**I**t has been proven that the chemical composition of cranberries inhibits the growth of bacteria. Research shows that cranberries destroy approximately 80% of antibiotic-resistant bacterial strains!

**V**arious anthocyanins, flavonoids and vitamin E present in cranberry fruits are an important factor reducing the development of disease processes in our body.

**T**he antioxidant potential of cranberries increases when eaten with other fruits, especially apples.

**T**he high content of type A proanthocyanidins protects the urinary system against bacteria "attaching" to the walls of the urethra and bladder.

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

**T**he low energy value of cranberries, only 49kcal per 100g, plus good cleansing properties make cranberry fruit and juice a great ally in weight loss.

**C**an you use cranberries in your daily skin care? The fruit extract has antibacterial, antifungal, moisturizing, firming and tightening properties.

