



# HMF CranPro

## PROBIOTIC SUPPLEMENT

### Probiotics and cranberry extract for urinary tract support\*

- Promotes urinary tract health and comfort\*
- Maintains microflora balance in the gastrointestinal and genitourinary tracts\*
- Provides 30 billion CFU per day from a combination of five proprietary probiotic strains, including *L. gasseri*
- Includes 500 mg of PACRAN® Cranberry fruit extract daily, equivalent to 25 g of fresh fruit

HMF CranPro supports urinary tract health with a combination of research-driven probiotics and PACRAN®, a clinically studied cranberry fruit extract.<sup>1-2\*</sup> Cranberries are rich in polyphenol antioxidant compounds such as proanthocyanidins, which help to support the health of the uroepithelial cells that line the bladder.<sup>3,4\*</sup> Regular PACRAN® supplementation has been shown to promote a healthy microflora balance in the urinary tract, support urinary tract comfort, and maintain urogenital function.<sup>1-2\*</sup> As there may be a connection between gut and urinary tract health, HMF CranPro contains five strains of proprietary probiotics that have been demonstrated to adhere better to the gut lining, more efficiently colonize the intestinal environment, and naturally resist pH and bile acid.<sup>5,6\*</sup> Included in this probiotic blend is *L. gasseri*, one of the predominant vaginal *Lactobacillus* species.<sup>7</sup>



### Supplement Facts

Serving Size 2 Capsules  
Servings per Container 30

#### Each Serving Contains

<b>Probiotic Consortium</b>	30 billion CFU †
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	

PACRAN® Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (50:1)	500 mg †
25 g Fresh Fruit Equivalent	

† Daily Value not established

Other ingredients: Hypromellose, cellulose, silica, magnesium stearate  
PACRAN® is a trademark of Naturex

**Recommended Dose:** Take two capsules daily or as recommended by your healthcare practitioner.

**Product Size:** 60 Vegetable Capsules      **Product Code:** 10357



#### REFERENCES

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3. Howell, AB, Botto, H, Combescurre, C, Blanc-Potard, AB, Gausa, L, Matsumoto, T, Tenke, P, Sotto, A, Lavigne, JP. *BMC Infect Dis.* 2010; 10: 94.
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Scientific Rationale:

Cranberry is the most commonly studied plant for maintaining urinary tract health.<sup>1</sup> Research has demonstrated that cranberry promotes healthy urinary tract ecology.<sup>2,3\*</sup>

PACRAN® Cranberry fruit extract is a clinically researched powder made from whole, proanthocyanidin-rich cranberries. One double-blind, placebo-controlled trial evaluated the ability of PACRAN® to support urinary tract health in women. Sixty female participants were randomly assigned to one of three groups: control, low dose cranberry (500 mg of PACRAN® daily) or high dose cranberry (1000 mg of PACRAN® daily). Urinary tract health at baseline and follow-up visits (days 10, 30, 60 and 90) was analyzed by urine samples. After the 90-day supplementation period, both the low and high dose PACRAN® groups reported significantly improved urinary microflora balance when compared to baseline values; no significant change was observed in the placebo group.\* Similarly, both PACRAN® groups reported enhanced urinary comfort, while no changes were reported in the placebo group.\* Therefore, both doses of PACRAN® supported healthy urinary tract ecology and comfort.<sup>4\*</sup> Similarly, a six-month, randomized, double-blind,

placebo-controlled trial reported that supplementation with 500 mg of PACRAN® daily for six months significantly improved urinary tract health and comfort in women when compared to the placebo group.<sup>5\*</sup>

The effectiveness and cost-effectiveness of cranberry products in the promotion of urinary tract health were evaluated in a randomized, controlled trial. One hundred fifty women were randomized to one of three groups: placebo juice plus placebo tablets, placebo juice plus cranberry tablets, or cranberry juice plus placebo tablets. Each tablet was taken twice daily and the 250 ml juice was consumed three times daily for one year. When compared to the placebo, supplementation with cranberry juice or tablets significantly maintained urinary tract health and comfort.\* However, the researchers reported that compliance was lowest in the juice group, which dropped below 80% during five of the study months. Overall, the study's authors concluded that cranberry tablets were twice as cost-effective as juice when used for maintaining urinary tract health.<sup>6\*</sup>

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## REFERENCES

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6. Stothers, L. Can J Urol. 2002; 9(3): 1558-1562.

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