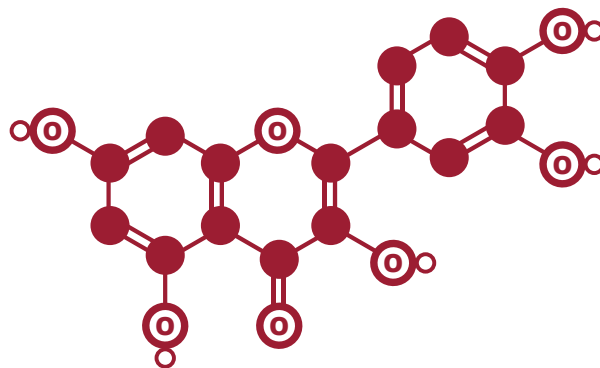
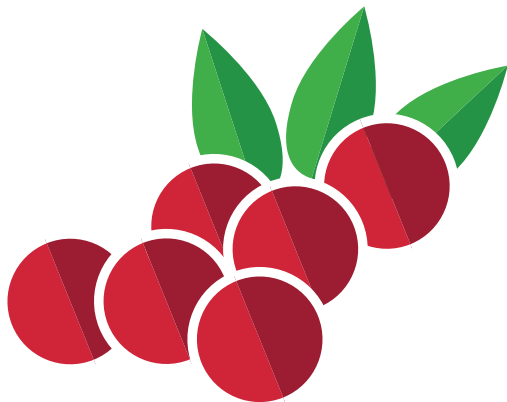


## CRANBERRY CHEMISTRY



QUERCETIN

● Carbon    ⊙ Oxygen    ○ Hydrogen

*Hydrogens on carbon atoms implied; each carbon has 4 bonds.*

Cranberries are high in polyphenol antioxidants, such as quercetin, and as a consequence have a reputation as a health food. Lab tests have shown quercetin and related compounds in cranberries to have anti-cancer effects, but evidence for these effects in humans is currently limited, and more research is required.

Cranberry juice is often suggested as a treatment for urinary tract infections, but reviews of several studies have shown it provides no benefits compared to a placebo.

