



AMERICAN HERBAL PHARMACOPOEIA®

Press Release

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American Herbal Pharmacopoeia Releases Revision of Cranberry Fruit Monograph and Therapeutic Compendium

In 2002, The American Herbal Pharmacopoeia (AHP), a California-based non-profit research organization, released its *Standards of Analysis, Quality Control and Therapeutic Compendium* for the botanical dietary supplement Cranberry Fruit (*Vaccinium macrocarpon*). This was one of the first monographs and therapeutic reviews of its kind for cranberry, which is one of the most popular selling botanicals in the United States.

Since the first release of the cranberry monograph, numerous clinical studies, meta-analyses, mechanistic reviews, and interaction studies have been performed and have been included in the revision. Of specific interest is that many of these newer studies reveal insights into the compounds responsible for the bacterial anti-adhesion activity responsible for the beneficial effects of cranberry on urinary tract health. This allows for greater specificity in quality control of cranberry products. In this regard, there are numerous methods that can be applied for quantitation of the various compounds that contribute to cranberry activity.

Newer studies have also looked at putative cranberry-drug interactions, most specifically with blood thinners, which previously caused FDA to issue a warning regarding cranberry use. In all, the original *Monograph* and *Therapeutic Compendium*, which was 28 pages, has been expanded to 96 pages and represents the most comprehensive review of cranberry ever developed and then reviewed by some of the world's leading authorities on all things cranberry. The monograph also reveals findings regarding adulteration of cranberry products, predominantly extracts, what those adulterants are, and how they can be detected.

Together, the AHP *Monograph* and *Therapeutic Compendium* provides comprehensive and reliable information regarding the therapeutic potential and safety of cranberry and its quality control requirements. This allows consumers and health professionals make the most educated decisions about its use and guides manufacturers in the manufacture of cranberry preparations that will deliver the benefits that are expected.

Each monograph is available for \$44.95 (print), \$39.95 (PDF) through the American Herbal Pharmacopoeia • PO Box 66809 • Scotts Valley, CA • 95067 • US •

http://www.herbal-ahp.org/order_online.htm

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