



## CRANBERRY SEED FLOUR / PURE DR JEWKES

Many of you have asked why Rain Nutrition has put cranberry seed flour in the PURE probiotic. Well let me give some reasons:

1. Cranberry seeds contain proanthocyanidins (which are flavinoids that have antioxidant benefits) these help in creating a barrier to assist your body from invading bacteria, especially in the kidneys, and bladder.
2. Proanthocyanidins also increase antioxidant capacity.
3. Cranberry contains levels of salicylic acid (the same metabolite in aspirin) has anti-inflammatory.
4. Cranberry also contains other constituents that include Vitamin C, Vitamin A, Glutiathione, and Vitamin E. These vitamins play a vital role in our immune systems capacity to fight pathogens.

Pure has seven of the friendly bacteria that break down in the intestine. Adding the Cranberry just enhanced the effectiveness of this powerful probiotic because we have now given the body added protective benefits that even the good bacteria could not totally provide. Combining these compounds adds synergistic reactions to increase the body's ability to improve for better health and well-being.

References: Journal Clinical Pharmacology, American Journal of Clinical Nutrition, Journal National Cancer Institute

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