

Healthy Cooking has never been this Delicious



A food that fights bacteria...

US cranberries contain proanthocyanidins (PACs), substances that create a protective layer on cell tissue which prevents the adherence of bacteria. This is how cranberry PACs can help you.

Protect the urinary tract

Cranberry PACs can help prevent the adhesion of infection-causing bacteria in the bladder and kidneys.

Protect the stomach

Cranberry PACs can help prevent ulcer-causing bacteria from establishing itself in the stomach's mucous membrane.

Fortify gums

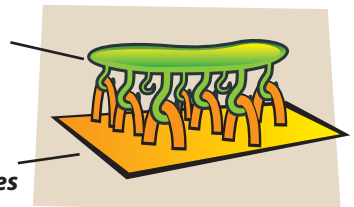
Cranberry PACs can help reduce the number of bacteria in the mouth. This means less plaque is produced, the main cause of gum disease.

And... Cranberries are one of the known foods with the highest amount of antioxidants.

Infection occurred

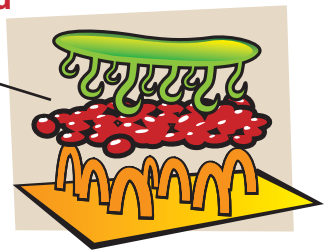
Certain disease-causing bacteria

Body tissues



Infection blocked

Cranberry compounds (PACs)



Bacteria adhere to cell tissues like two sides of velcro. Cranberry PAC's create a layer that acts like a sheet of paper between the two sides of the velcro, preventing bacteria from adhering to the cell wall.

Find out how good they are!

1. Sprinkle a handful of dried cranberries over your salads, musli or yoghurt.
2. Use them in desserts and cakes.
3. Use them as a quick and revitalizing snack, alone or mixed with nuts.
4. Try them in sauces for meat...their uses are endless!

