Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Cranberry, Vitamin C توت بري أحمر/ فيتامين ج

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1. Names & Synonyms

Cranberry

***Vaccinium macrocarpon* Aiton** (1)
Family: Ericaceae
Syns.: *Oxycoca macrocarpa* (Aiton) Raf., *Oxycoccus macrocarpos* (Aiton) Pursh, *Oxycoccus palustris* var. *macrocarpos* (Aiton) Pers., *Vaccinium propinquum Salisb*.
Arabic: Toot barry التوت البري – Toot barry ahmar توت بري أحمر .
English: Cranberry, American cranberry, Large American cranberry, Large cranberry (2-4).

2. Parts used for medicinal purpose

Cranberry*:* Fresh or dried ripe fruits (2-4).

3. Major chemical constituents

Cranberry

Flavonoids

- **Flavonols:** Myricetin and quercitin glycosides (2, 5).
- **Anthocyanins**: 3-*O*-glucosides, galactosides and arabinosides of both cyanidin and peonidin (2, 5).
- **Proanthocyanidins:** Condensed tannins of epicatechin and epigallocatechin (2, 5).

- **Phenolic acids and esters**: *p*-Coumaric, caffeic, ferulic and chlorogenic acids (5, 6), caffeoyl hexoside and caffeoyl dihexoside (5).
- **Organic acids:** Citric, quinic, malic and benzoic acids (2, 5).
- **Carbohydrates**: Glucose, fructose and oligosaccharides (2, 5).
- **Others**: Ursolic acid, vitamins (C, E and K) (5, 7, 8) and minerals (Potassium and Nitrogen) (3, 5, 7, 9).

4. Medicinal uses (Indications)

Prevention of recurrent urinary tract infections in adults.

5. Herbal preparations correlated to medicinal use

Combination of cranberry extract and vitamin C**.**

Herbal preparation is in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults and elderly

Combination of 400 mg cranberry extract and 180 mg vitamin C.

Duration of use:

The recommended duration of use is at least 4 weeks. if the symptoms persist for more than 2 weeks during the use of the medicinal product, A doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substance(s) and other plants of the same family.
- Cases of oliguria and anuria (11).

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medical product, A doctor or pharmacist should be consulted
- The use in children and adolescents under 18 years of age is not recommended (2).
- Patients with kidney stones or impaired kidney function should use products containing the fruit only after consulting their physician (10).
- Consult the physician prior to treatment to rule out serious conditions such as pyelonephritis (2).
- A Physician or pharmacist should be consulted prior to use in patients taking blood thinners (10).

9. Interactions with other medicinal products and other forms of interaction (12)

- **Warfarin:** The medicinal product, when given with warfarin, may increase the international normalized ratio and increase the risk for bleeding.

Lab Test:

- **Urine pH:** The medicinal product may decrease urine pH.

10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data is available.

11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects

If adverse reactions occur, a doctor or pharmacist should be consulted.

13. Overdose

No cases of overdose have been reported.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

21/05/2026.

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