

Cranberry Juice for UTIs, What You Need to Know

Urinary tract infections (UTIs) are common—especially in women—and many people turn to cranberry juice as a natural remedy. But does it really work?

What Are Cranberries Supposed to Do?

Cranberries contain compounds called **proanthocyanidins (PACs)**, which may help prevent certain bacteria—like *E. coli*—from sticking to the bladder wall. This might help reduce the risk of infection.

What the Research Says

- **Prevention, not cure:** Cranberry products may help reduce the frequency of UTIs in some people, but they are **not a treatment** for active infections.
- **Mixed evidence:** Some studies show a modest benefit, while others show little to no effect.
- **Product matters:** Cranberry **pills or capsules** with a standardized amount of PACs may be more effective than juice.

Things to Keep in Mind

- Cranberry juice often contains sugar, which can irritate the bladder in some people.
- Not all cranberry products have enough of the helpful compounds to make a difference. Cranberry is not a substitute for antibiotics if you have an active UTI.

Who Might Benefit?

- People with **recurrent UTIs**, especially women.
- Those looking for **non-antibiotic prevention options**—with a doctor's guidance.

Bottom Line

Cranberry products may help prevent UTIs for some people, but they're **not a miracle cure**. Talk to your healthcare provider before starting any supplement. Stay hydrated, practice good hygiene, and seek medical care if symptoms occur.

*The information provided on the site is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.