

Positive Benefits of *Honestly* ● Cranberry

PACs: Proanthocyanidins with A-type linkages are only found in cranberries. The benefits of PACs with A-type linkages include the following: contain phytonutrients; provide protection against urinary tract infection (UTI); anti-inflammatory, digestive tract and cardiovascular benefits; antioxidant protection, and immune support.

Here are the daily doses required to deliver the beneficial anti-adhesion properties of PACs:

SWEETENED DRIED CRANBERRIES

72 grams
(234 calories)



HONESTLY CRANBERRY UNSWEETENED DRIED CRANBERRIES

2.8 grams
(9 calories)

