

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, anti-cancer, digestive tract and cardiovascular benefits; antioxidant protection, and immune support.

Here is a comparison between sweetened dried cranberries (SDC) and Honestly Cranberry's unsweetened dried cranberries (HC) which was performed by Dr. Amy Howell, Ph.D., a research scientist at Rutgers University:

	SDC	HC
PAC level (mg/mL)	0.5	12.9
Amount of product needed for 36 mg dose* of PACs	72 g	2.8 g
Percent sugar	80%	21.4%

* dose = 1x/day

- This means Honestly Cranberry has more PACs per unit of weight than in fresh or SDCs

100% Fruit solids in Honestly Cranberry!

NO ADDED SUGARS, JUICES OR OILS!

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NUTRITIONAL LABELS

Fresh Cranberries

¼ cup

Nutrition Facts	
Serving Size 1/4 Cup	
Amount Per Serving	% Daily Value*
Calories 12	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 20 mg	<1%
Sodium 0mg	0%
Total Carbohydrate 3g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 12%
Calcium 0%	Iron 1%
Phosphorus 0%	Magnesium 0%
Folate 0%	

USDA – National Nutrient Database

Honestly Cranberry

¼ cup

Nutrition Facts	
Serving Size 0.5 oz	
Amount Per Serving	% Daily Value*
Calories 45	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 80 mg	2%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
Phosphorus 0%	Magnesium 0%
Folate 0%	

Sweetened Dried Cranberries (SDC)

¼ cup

Nutrition Facts	
Serving Size 1/4 Cup	
Amount Per Serving	% Daily Value*
Calories 123	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Potassium 20 mg	1 %
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	12%
Sugars 29g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Phosphorus 0%	Magnesium 0%
Folate 0%	

USDA – National Nutrient Database

One serving of sweetened dried cranberries contains 7 teaspoons of sugar and 123 calories, the approximate equivalent to an 8-oz glass of soda.