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Chinese research links cranberry intake with reduced H. pylori infection rates

25 August 2020 | News

**A new clinical trial found consuming cranberry juice containing 44 mg of proanthocyanidins (PACs) per 240-mL serving twice daily for eight weeks resulted in a 20% reduction in the H. pylori infection rate in Chinese adult participants, when compared to those consuming lower amounts of juice and a placebo. **



Study Seeks Novel Solutions to Help Manage Class I Carcinogen â?? H. pylori

A new clinical trial found consuming cranberry juice containing 44 mg of proanthocyanidins (PACs) per 240-mL serving twice daily for eight weeks resulted in a 20% reduction in the *H. pylori* infection rate in Chinese adult participants, when compared to those consuming lower amounts of juice and a placebo.

While more research is needed, these findings published in the *Journal of Gastroenterology and Hepatology*, a top international gastroenterology journal, show that twice daily consumption of 44 mg PAC cranberry juice has the potential to be a natural, complementary management strategy for adults in this population infected with *H. pylori.*

The new study, "Suppression of *Helicobacter pylori* Infection by Daily Cranberry Intake: A Double-Blind, Randomized, Placebo-Controlled Trial" was conducted by key scientists at the Department of Cancer Epidemiology, Peking University Cancer Hospital and Institute in Beijing, China, a leading cancer research center.

The study included 522 *H. pylori*-positive Chinese adults between the ages of 18-60 that have never previously received antibiotic therapy for *H. pylori* infection. Participants assigned to specific groups consumed different amounts of cranberry juice, juice-based powder or their placebos daily for eight weeks with testing performed at 2 and 8 weeks to determine *H. pylori* suppression rates. Investigational products were standardized to contain different levels of PACs to evaluate their effects on *H. pylori* suppression.

H. pylori bacterial infection is of worldwide concern due to its high global prevalence rate of over 80% in some developing countries and potential to cause stomach ulcers, which when untreated, increase the risk of developing stomach cancer.