

Cranberry confirmed as natural remedy for UTIs

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People who drink cranberry juice are 54% less likely to develop urinary tract infections (UTIs), according to a study led by researchers at Bond University.

It has long been suspected that cranberries contain compounds that help prevent bacteria from adhering to the walls of the urinary tract, reducing the risk of infection.

However the effectiveness of [cranberry juice](#) has been confirmed by the network meta-analysis that amalgamated the results of 20 studies involving 3,091 participants worldwide. The results are [published](#) in the journal *European Urology Focus*.

Lead researcher Dr. Christian Moro said the findings could help reduce the use of [antibiotics](#) to treat UTIs.

"More than half of [women](#) experience UTIs and antibiotics are a go-to treatment prescribed by doctors," said Dr. Moro, Associate Professor of Biomedical Sciences and Medicine.

"With [antibiotic resistance](#) increasing, it is vital to identify effective non-drug interventions.

"Cranberry juice is an effective and easy intervention that should be considered for the management of UTIs."

The study, involving researchers from the University of Oxford and University of Helsinki, also found cranberry juice reduced the need for antibiotics by 59%, and significantly reduced the symptoms of those with a current UTI.

Just drinking more water or taking cranberry tablets was also beneficial, although not to the extent of combining cranberry with fluid, such as in juice.

About 50% of women and 20% of men experience a UTI in their lifetime.

More information: Christian Moro et al, Cranberry Juice, Cranberry Tablets, or Liquid Therapies for Urinary Tract Infection: A Systematic Review and Network Meta-analysis, *European Urology Focus* (2024).
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Provided by Bond University

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