



Cranberry

Revised: December 3, 2018.

CASRN: 91770-88-6

Drug Levels and Effects

Summary of Use during Lactation

Cranberry (*Vaccinium macrocarpon*) fruit contains phenolics, flavonoids, anthocyanidins, and ellagitannins. Some products are standardized based on quinic acid and others are standardized based on phenolics. Cranberry is most often used for prevention of urinary tract infections. It has no specific lactation-related uses. No data exist on the excretion of any components of cranberry into breastmilk or on the safety and efficacy of cranberry in nursing mothers or infants.[1] Cranberry preparations are generally well tolerated as a food, although stomach discomfort and diarrhea can occur with large doses. Cranberry should be avoided in patients allergic to cranberries, blueberries and other *Vaccinium* species. Some cases of elevated INR have been reported in patients taking cranberry and warfarin. No recommendations can be made on the use of large quantities of cranberry products during breastfeeding.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

References

1. Dugoua JJ, Seely D, Perri D et al. Safety and efficacy of cranberry (*Vaccinium macrocarpon*) during pregnancy and lactation. *Can J Clin Pharmacol*. 2008;15:e80-6. PubMed PMID: 18204103.

Substance Identification

Substance Name

Cranberry

Scientific Name

Vaccinium macrocarpon

CAS Registry Number

91770-88-6

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Food

Phytotherapy

Plants, Medicinal