

# Cranberry extracts for urinary tract infections

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<b>Registration date</b> 05/09/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 06/11/2023	<b>Condition category</b> Urological and Genital Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Cranberries (*Vaccinium macrocarpon*) are a rich source of bioactive compounds, in particular proanthocyanidins (PAC), with potential impact on human health. Several studies suggest that PACs (type A) help to prevent or reduce up to 40%–50% urinary tract infections (UTIs), especially for women who have a history of recurrent infections. The hypothesized mechanism of action seems related to the capacity of PACs to reduce the adhesion of the bacteria *E. coli* (the most common pathogen causing UTIs) to cells lining the urinary tract and bladder.

The aim of the present project is to identify the components of cranberry (PAC and metabolites) present at urinary level and potentially responsible for UTI activity. The second part of the project will plan to identify, among the components/metabolites present at urinary level, those that may exert antimicrobial action on the microorganisms responsible for the UTIs, including *Candida Albicans* and *E. Coli*, in order to elucidate the mechanism of action.

### Who can participate?

Women aged 18 - 40 years.

### What does the study involve?

Participants will be randomised to take either one of two different cranberry based supplements or placebo twice a day for seven days. Urine samples will be taken for two days following the last capsule. After 30 days the participants will take a different capsule for seven days, and after another 30 days another different capsule for 30 days.

### What are the possible benefits and risks of participating?

Cranberry polyphenols may be metabolised and exert a protection against urinary tract infections. There are no notable risks involved with participating.

### Where is the study run from?

1. Department of Pharmaceutical Sciences, DiSFARM- Università degli Studi di Milano, Italy
2. Department of Food, Environmental and Nutritional Sciences, DeFENS-Università degli Studi di Milano, Italy
3. Department of Health Sciences, Università degli Studi di Milano, Italy

### When is the study starting and how long is it expected to run for?

February to March 2019

Who is funding the study?  
Indena SpA, Italy

Who is the main contact?  
1. Prof. Giancarlo Aldini  
giancarlo.aladini@unimi.it  
2. Dr Cristian Del Bo'  
cristian.delbo@unimi.it

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Giancarlo Aldini

**ORCID ID**  
<https://orcid.org/0000-0002-2355-6744>

**Contact details**  
Via Mangiagalli, 25  
Milano  
Italy  
20133  
+390250319296  
giancarlo.aladini@unimi.it

**Type(s)**  
Scientific

**Contact name**  
Dr Cristian Del Bo'

**ORCID ID**  
<https://orcid.org/0000-0001-7562-377X>

**Contact details**  
Via Celoria 2  
milano  
Italy  
20133  
+390250316730  
cristian.delbo@unimi.it

## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

Nil known

## Study information

### Scientific Title

Profiling Vaccinium macrocarpon components and metabolites in human urine and the urine ex-vivo effect on Candida albicans adhesion and biofilm-formation

### Acronym

CRAME

### Study objectives

The present pilot study aims to test the hypothesis that some bioactive compounds from standardized cranberry extracts are absorbed, metabolized and excreted in urine and can exert protection against urinary tract infections

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 18/12/2018, Ethics Committee of the University of Milan (Università degli Studi di Milano,  
Via Festa del Perdono 7, 20122, Milano, Italy; +39 2 503 12667; comitato.etico@unimi.it), ref: 57/18

### Study design

A controlled randomized intervention study

### Primary study design

Interventional

### Study type(s)

Prevention

### Health condition(s) or problem(s) studied

Urinary tract infection

### Interventions

Ten healthy women will be enrolled and randomized for the intervention. Subjects will be randomized, based on a computer randomization plan. Two different food supplements, based on standardized cranberry extracts, and a placebo will be tested:

1. Cranberry capsules (Anthocran, Vaccinium macrocarpon Aiton.)
2. Cranberry capsules (Antocran Phytosome, Vaccinium macrocarpon Aiton. containing sunflower lecithin)
3. Placebo capsules (containing microcrystalline cellulose, silicon dioxide, magnesium stearate)

Each subject will consume two capsules per day (one in the morning and one in the evening) of cranberry extracts or placebo. Each treatment will be 7-day long and separated by at least 30-day wash-out period. At the beginning (before capsule intake) and at the end of the intervention (7 days), urine will be collected at time 1, 2, 4, 6, 10, 12, 14, 24, 48 hours from the intake of the last capsule.

### **Intervention Type**

Supplement

### **Primary outcome(s)**

Detection at time 1, 2, 4, 6, 10, 12, 14, 24, 48 hours (from the intake of the last capsule) of cranberry bioactive constituents in urine (type A proanthocyanidin) and metabolites including hydroxybenzoic acids and valerolactones evaluated by high-resolution mass spectrometry.

### **Key secondary outcome(s)**

1. Detection of other potential cranberry polyphenol metabolites in urines evaluated by high-resolution mass spectrometry
2. Ex-vivo inhibition of *Candida albicans* adhesion and biofilm formation by using the urine collected from the subjects at different time points

### **Completion date**

31/05/2019

## **Eligibility**

### **Key inclusion criteria**

1. Women
2. Age 18-40 years
3. BMI 18-25 kg/m<sup>2</sup>
4. Healthy

### **Participant type(s)**

Healthy volunteer

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

40 years

### **Sex**

Female

### **Total final enrolment**

**Key exclusion criteria**

1. Smokers
2. Allergy to cranberry
3. Gastrointestinal disorder
4. Liver and renal disease
5. Antibiotic treatment

**Date of first enrolment**

15/01/2019

**Date of final enrolment**

15/02/2019

**Locations****Countries of recruitment**

Italy

**Study participating centre**

**Department of Pharmaceutical Sciences, DiSFARM- Università degli Studi di Milano**

Via L. Mangiagalli, 25

MILANO

Italy

20133

**Study participating centre**

**Department of Food, Environmental and Nutritional Sciences, DeFENS-Università degli Studi di Milano**

Via L. Mangiagalli, 25

MILANO

Italy

20133

**Study participating centre**

**Department of Health Sciences, Università degli Studi di Milano**

Via Di Rudinì 8

MILANO

Italy

20146

**Sponsor information**

**Organisation**

Indena Spa

**ROR**

<https://ror.org/052d5f872>

## Funder(s)

**Funder type**

Industry

**Funder Name**

Indena SpA

## Results and Publications

**Individual participant data (IPD) sharing plan**

The current data sharing plans for this study are unknown and will be available at a later date

**IPD sharing plan summary**

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/03/2020	20/05/2020	Yes	No
<a href="#">Results article</a>	Biofilm Inhibition	13/07/2021	06/11/2023	Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes