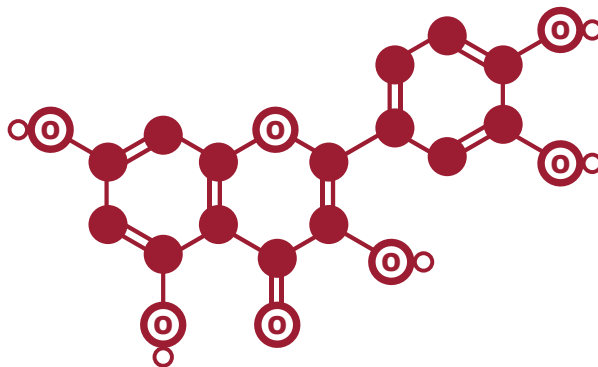
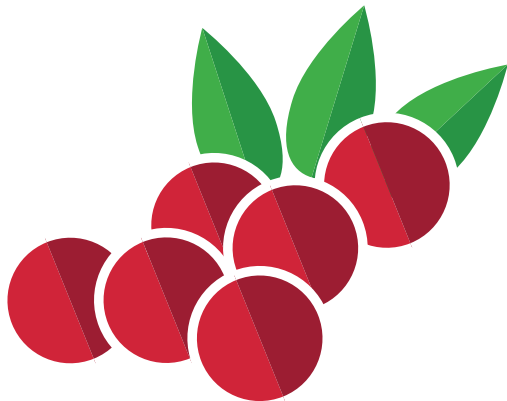


CHEMISTRY ADVENT 2016

20

CRANBERRY CHEMISTRY



QUERCETIN

● Carbon ⊙ Oxygen ○ Hydrogen

Hydrogens on carbon atoms implied; each carbon has 4 bonds.

Cranberries are high in polyphenol antioxidants, such as quercetin, and as a consequence have a reputation as a health food. Lab tests have shown quercetin and related compounds in cranberries to have anti-cancer effects, but evidence for these effects in humans is currently limited, and more research is required.

Cranberry juice is often suggested as a treatment for urinary tract infections, but reviews of several studies have shown it provides no benefits compared to a placebo.



© COMPOUND INTEREST 2016 - WWW.COMPOUNDCHEM.COM | @COMPOUNDCHEM
Shared under a Creative Commons Attribution-NonCommercial-NoDerivatives licence.

