Claims

1. A solid oral dosage form comprising about 250 to about 500 mg of a therapeutic composition, wherein the therapeutic composition comprises dried cranberry powder and additional cranberry seeds or cranberry seed meal, wherein the additional cranberry seeds or cranberry seed meal are present in the therapeutic composition in an amount of about 15% to about 25% by weight of the dried cranberry powder.

2. The solid oral dosage of claim 1, wherein the cranberry is *Vaccinium macrocarpon.*

3. The solid oral dosage of claim 1, wherein the cranberry is *Vaccinium microcarpon.*

4. The solid oral dosage of claim 1, wherein the cranberry is *Vaccinium oxycoccus.*

5. The solid oral dosage of any one of claims 1-4, wherein the additional cranberry seeds or cranberry seed meal are present in the composition in an amount of about 20% by weight of the dried cranberry powder.

6. The solid oral dosage of any one of claims 1-5, wherein the composition comprises less than 10% of organic acids by weight.

7. The solid oral dosage of any one of claims 1-6, wherein the composition comprises less than about 15% of sugars by weight.

8. The solid oral dosage of any one of claims 1-7, wherein the composition comprises from about 1% to about 5% of quinic acid by weight.

9. The solid oral dosage of claim 8, wherein the composition comprises from about 2.2% to about 3.2% of quinic acid by weight.

10. The solid oral dosage of any one of claims 1-9, wherein the composition comprises from about 0.4% to about 4% of malic acid by weight.

11. The solid oral dosage of any one of claims 1-10, wherein the composition comprises from about 0.8% to about 1.8% of malic acid by weight.

12. The solid oral dosage of any one of claims 1-11, wherein the composition comprises from about 1% to about 5% of citric acid by weight.

13. The solid oral dosage of claim 12, wherein the composition comprises from about 1.8% to about 3.2% of citric acid by weight.

14. The solid oral dosage of any one of claims 1-13, wherein the composition comprises: 0.5% to 5.0% proanthocyanidins, 0.05% to 1.5% quercetin, 0.001% to 0.1% quercetin-3-glucoside,

0.001% to 0.1% quercetin-3-rhamnoside, 0.001% to 0.1% quercetin-3-xyloside, 0.001% to 0.1% quercetin-3-arabinoside, 0.001% to 0.5% myricetin, 0.001% to 0.1% peonidin-3-galactoside, 0.001% to 0.1% peonidin-3-glucoside, 0.001% to 0.1% peonidin-3-arabinoside, 0.001% to 0.1% cyanidin-3-glucoside, 0.001% to 0.1% cyanidin-3-galactoside, 0.001% to 0.1% cyanidin-3-arabinoside, 0.001% to 0.1% protocatechuic acid 0.001% to 0.1% p-coumaric acid, 0.001% to 0.1% caffeoyl-glucoside, 0.001% to 0.1% coumaroyl-glucoside, 0.001% to 0.1% cafeic acid, 0.001% to 0.1% chlorogenic acid or 0.01 to 1.5% ursolic acid by weight.

15. The solid oral dosage of claim 14, wherein the composition comprises: 1.0% to 1.2% proanthocyanidins, 0.16% to 0.20% quercetin, 0.07% to 0.09% quercetin-3-glucoside, 0.03% to 0.04% quercetin-3-rhamnoside, 0.019% to 0.025% quercetin-3-xyloside, 0.025% to 0.035% quercetin-3-arabinoside, 0.010% to 0.014% myricetin, 0.022% to 0.030% peonidin-3-galactoside, 0.0025% to 0.0035% peonidin-3-glucoside, 0.010% to 0.020% peonidin-3-arabinoside, 0.0005% to 0.0015% cyanidin-3-glucoside, 0.015% to 0.030% cyanidin-3-galactoside, 0.010% to 0.025% cyanidin-3-arabinoside, 0.019% to 0.025% protocatechuic acid, 0.04% to 0.06% p-coumaric acid, 0.015% to 0.025% caffeoyl-glucoside, 0.005% to 0.015% coumaroyl-glucoside, 0.010% to 0.015% cafeic acid or 0.030% to 0.04% chlorogenic acid by weight.

16. The solid oral dosage of any one of claims 1-15, wherein the composition comprises 1 to 100 μg lariciresinol, 1 to 100 μg secoisolariciresinol or 1 to 100 μg pinoresinol per 100g of the composition by weight.

17. The solid oral dosage of claim 16, wherein the composition comprises about 51 μg lariciresinol, about 12 μg secoisolariciresinol or about 78 μg pinoresinol per 100g of the composition by weight.

18. The solid oral dosage of any one of claims 1-17, which is a tablet, a capsule or a softgel.

19. The solid oral dosage of claim 18 which is a tablet.

20. The solid oral dosage of claim 18 which is a capsule.

21. The solid oral dosage of claim 18 which is a softgel.

22. The solid oral dosage of any one of claims 1-21, comprising 250 mg of the therapeutic composition.

23. The solid oral dosage of any one of claims 1-21, comprising 500 mg of the therapeutic composition.

24. The use of an effective amount of the composition of any one of claims 1-23 in the manufacture of a medicament for the treatment of lower urinary tract symptoms (LUTS) in a subject.

25. The use of an effective amount of the composition of any one of claims 1-23 in the manufacture of a medicament for the treatment of-overactive bladder (OAB) in a subject.

26. The use of an effective amount of the composition of any one of claims 1-23 in the manufacture of a medicament for the treatment of benign prostatic hyperplasia (BPH) in a subject.

27. The use of an effective amount of the composition of any one of claims 1-23 in the manufacture of a medicament for the treatment of erectile dysfunction (ED) in a subject.

28. The use of an effective amount of the composition of any one of claims 1-23 in the manufacture of a medicament for the treatment of bladder obstruction, interstitial cystitis, underactive bladder, prostatitis, bladder and prostate inflammation, prostate fibrosis or pelvic pain in a subject.

29. The use of any one of claims 24-28, wherein the subject is a human.

30. The use of any one of claims 24-28, wherein the human is a male.

31. The use of any one of claims 24-26, wherein the human is a female.