What is claimed is:

1. A therapeutic composition comprising dried cranberry powder and dried cranberry seeds.

2. A therapeutic composition comprising dried cranberry powder and cranberry seed meal.

3. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium macrocarpon.*

4. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium microcarpon.*

5. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium oxycoccus.*

6. The composition of any one claims 1 and 3-5, wherein the cranberry seeds are present in an amount of about 5% to about 50% by weight of the dried cranberry powder.

7. The composition of claim 6, wherein the cranberry seeds are present in an amount of about 15% to about 25% by weight of the dried cranberry powder.

8. The composition of claim 7, wherein the cranberry seeds are present in an amount of about 20% by weight of the dried cranberry powder.

9. The composition of any one of claims 2 and 3-5, wherein the cranberry seed meal is present in an amount of about 5% to about 50% by weight of the dried cranberry powder.

10. The composition of claim 9, wherein the cranberry seed meal is present in an amount of about 15% to about 25% by weight of the dried cranberry powder.

11. The composition of claim 10, wherein the cranberry seed meal is present in an amount of about 20% by weight of the dried cranberry powder.

12. The composition of any one of claims 1-11, wherein the composition comprises less than about 12% of organic acids by weight.

13. The composition of any one of claims 1-12, wherein the composition comprises less than 10% of organic acids by weight.

14. The composition of any one of claims 1-13, wherein the composition comprises about 5% to about 8% of organic acids by weight.

15. The composition of any one of claims 1-14, wherein the composition comprises less than about 15% of sugars by weight.

16. The composition of claim 15, wherein the composition comprises less than about 12% of sugars by weight.

17. The composition of any one of claims 1-16, wherein the composition comprises from about 1% to about 5% of quinic acid by weight.

18. The composition of claim 17, wherein the composition comprises from about 2.2% to about 3.2% of quinic acid by weight.

19. The composition of any one of claims 1-18, wherein the composition comprises from about 0.4% to about 4% of malic acid by weight.

20. The composition of claim 19, wherein the composition comprises from about 0.8% to about 1.8% of malic acid by weight.

21. The composition of any one of claims 1-20, wherein the composition comprises from about 1% to about 5% of citric acid by weight.

22. The composition of claim 21, wherein the composition comprises from about 1.8% to about 3.2% of citric acid by weight.

23. The composition of any one of claims 1-22, 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.

24. The composition of claim 23, 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.

25. The composition of claim 24, wherein the composition comprises about: 1.1% proanthocyanidins, 0.18% quercetin, 0.083% quercetin-3-glucoside, 0.034% quercetin-3-rhamnoside, 0.022% quercetin-3-xyloside, 0.030% quercetin-3-arabinoside, 0.012% myricetin, 0.027% peonidin-3-galactoside, 0.003% peonidin-3-glucoside, 0.014% peonidin-3-arabinoside, 0.001% cyanidin-3-glucoside, 0.022% cyanidin-3-galactoside, 0.018% cyanidin-3-arabinoside, 0.022% protocatechuic acid, 0.052% p-coumaric acid, 0.021% caffeoyl-glucoside, 0.011% coumaroyl-glucoside, 0.014% caffeic acid, 0.034% chlorogenic acid or 0.92% ursolic acid by weight.

26. The composition of any one of claims 1-25, 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.

27. The composition of claim 26, wherein the composition comprises about 51 μg lariciresinol, about 12 μg secoisolariciresinol or about 78 μg/ pinoresinol per 100g of the composition by weight.

28. A solid oral dosage comprising the therapeutic composition of any one of claims 1-27.

29. The solid oral dosage of claim 28 which is a tablet.

30. The solid oral dosage of claim 28 which is a capsule.

31. The solid oral dosage of claim 28 which is a softgel.

32. The solid oral dosage of any one of claims 29-31 comprising 100 mg to 500 mg of the therapeutic composition.

33. The solid oral dosage of claim 32 comprising 250 mg of the therapeutic composition.

34. The solid oral dosage of claim 32 comprising 500 mg of the therapeutic composition.

35. A method for alleviating lower urinary tract symptoms (LUTS) in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

36. A method for alleviating the symptoms of benign prostatic hyperplasia (BPH) in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

37. A method for treating erectile dysfunction (ED) in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

38. A method for treating urinary incontinence in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

39. A method for treating overactive bladder (OAB) in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

40. A method for treating bladder obstruction, interstitial cystitis, underactive bladder, prostatitis, bladder and prostate inflammation, prostate fibrosis or pelvic pain in a subject comprising administering to the subject in need thereof an effective amount of the composition of any one of claims 1-27.

41. The method of any one of claims 35-40, wherein the subject is a human.

42. The method of claim 41, wherein the human is a male.

43. The method of claim 41, wherein the human in a female.

Claims

1. A therapeutic composition comprising dried cranberry powder and dried cranberry seeds.

2. A therapeutic composition comprising dried cranberry powder and cranberry seed meal.

3. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium macrocarpon.*

4. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium microcarpon.*

5. The composition of claim 1 or 2, wherein the cranberry is *Vaccinium oxycoccus.*

6. The composition of any one of claims 1 and 3-5, wherein the cranberry seeds are present in an amount of about 5% to about 50% by weight of the dried cranberry powder.

7. The composition of claim 6, wherein the cranberry seeds are present in an amount of about 15% to about 25% by weight of the dried cranberry powder.

8. The composition of claim 7, wherein the cranberry seeds are present in an amount of about 20% by weight of the dried cranberry powder.

9. The composition of any one of claims 2 and 3-5, wherein the cranberry seed meal is present in an amount of about 5% to about 50% by weight of the dried cranberry powder.

10. The composition of claim 9, wherein the cranberry seed meal is present in an amount of about 15% to about 25% by weight of the dried cranberry powder.

11. The composition of claim 10, wherein the cranberry seed meal is present in an amount of about 20% by weight of the dried cranberry powder.

12. The composition of any one of claims 1-11, wherein the composition comprises less than about 12% of organic acids by weight.

13. The composition of any one of claims 1-12, wherein the composition comprises less than 10% of organic acids by weight.

14. The composition of any one of claims 1-13, wherein the composition comprises about 5% to about 8% of organic acids by weight.

15. The composition of any one of claims 1-14, wherein the composition comprises less than about 15% of sugars by weight.

16. The composition of claim 15, wherein the composition comprises less than about 12% of sugars by weight.

17. The composition of any one of claims 1-16, wherein the composition comprises from about 1% to about 5% of quinic acid by weight.

18. The composition of claim 17, wherein the composition comprises from about 2.2% to about 3.2% of quinic acid by weight.

19. The composition of any one of claims 1-18, wherein the composition comprises from about 0.4% to about 4% of malic acid by weight.

20. The composition of claim 19, wherein the composition comprises from about 0.8% to about 1.8% of malic acid by weight.

21. The composition of any one of claims 1-20, wherein the composition comprises from about 1% to about 5% of citric acid by weight.

22. The composition of claim 21, wherein the composition comprises from about 1.8% to about 3.2% of citric acid by weight.

23. The composition of any one of claims 1-22, 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.

24. The composition of claim 23, 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.

25. The composition of claim 24, wherein the composition comprises about: 1.1% proanthocyanidins, 0.18% quercetin, 0.083% quercetin-3-glucoside, 0.034% quercetin-3-rhamnoside, 0.022% quercetin-3-xyloside, 0.030% quercetin-3-arabinoside, 0.012% myricetin, 0.027% peonidin-3-galactoside, 0.003% peonidin-3-glucoside, 0.014% peonidin-3-arabinoside, 0.001% cyanidin-3-glucoside, 0.022% cyanidin-3-galactoside, 0.018% cyanidin-3-arabinoside, 0.022% protocatechuic acid, 0.052% p-coumaric acid, 0.021% caffeoyl-glucoside, 0.011% coumaroyl-glucoside, 0.014% cafeic acid, 0.034% chlorogenic acid or 0.92% ursolic acid by weight.

26. The composition of any one of claims 1-25, 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.

27. The composition of claim 26, wherein the composition comprises about 51 µg lariciresinol, about 12 µg secoisolariciresinol or about 78 µg/ pinoresinol per 100g of the composition by weight.

28. A solid oral dosage comprising the therapeutic composition of any one of claims 1-27.

29. The solid oral dosage of claim 28 which is a tablet.

30. The solid oral dosage of claim 28 which is a capsule.

31. The solid oral dosage of claim 28 which is a softgel.

32. The solid oral dosage of any one of claims 29-31 comprising 100 mg to 500 mg of the therapeutic composition.

33. The solid oral dosage of claim 32 comprising 250 mg of the therapeutic composition.

34. The solid oral dosage of claim 32 comprising 500 mg of the therapeutic composition.

35. The use of an effective amount of the composition of any one of claims 1-27 in the manufacture of a medicament for the treatment of lower urinary tract symptoms (LUTS) in a subject.

36. The use of an effective amount of the composition of any one of claims 1-27 in the manufacture of a medicament for the treatment of benign prostatic hyperplasia (BPH) in a subject.

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

38. The use of an effective amount of the composition of any one of claims 1-27 in the manufacture of a medicament for the treatment of urinary incontinence in a subject.

39. The use of an effective amount of the composition of any one of claims 1-27 in the manufacture of a medicament for the treatment of overactive bladder (OAB) in a subject.

40. The use of an effective amount of the composition of any one of claims 1-27 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.

41. The use of any one of claims 35-40, wherein the subject is a human.

42. The use of claim 41, wherein the human is a male.

43. The use of claim 41, wherein the human in a female.